



# **7 Weeks to a Triathlon: The Complete Day-by-Day Program to Train for Your First Race or Improve Your Fastest Time**

*Brett Stewart, Lewis Elliot*

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*“Learning the ins and outs of triathlon can be daunting, but **7 Weeks to a Triathlon** is the perfect tool to prepare yourself for the sport whether you are a newbie or a professional. Excellent!”*

—Desiree Ficker, Professional Triathlete

## **BECOME A TRIATHLETE IN JUST 7 WEEKS**

Follow the 7-week programs in this book, and you'll quickly gain the strength and stamina needed to complete any triathlon—sprint, standard, Olympic and even Ironman challenges.

Packed with clear charts and helpful photos, **7 Weeks to a Triathlon** has everything you need to know about the ultimate endurance challenge:

- **Easy-to-follow progressive training programs**
- **Pro tips for each discipline—swim, bike, run**
- **Triathlon-specific cross-training techniques**
- **Motivational advice on pushing harder and crushing your race goal**

Offering field-tested, day-by-day programs and a comprehensive description of how to get through race day, this book has something for everyone, from beginners getting started in the sport to seasoned triathletes looking to take their training to the next level.

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Exactly why? Because this 7 Weeks to a Triathlon: The Complete Day-by-Day Program to Train for Your First Race or Improve Your Fastest Time is an unordinary book that the inside of the publication waiting for you to snap the idea but latter it will distress you with the secret it inside. Reading this book adjacent to it was fantastic author who all write the book in such amazing way makes the content inside of easier to understand, entertaining technique but still convey the meaning thoroughly. So , it is good for you for not hesitating having this any more or you going to regret it. This book will give you a lot of gains than the other book get such as help improving your talent and your critical thinking method. So , still want to hesitate having that book? If I have been you I will go to the e-book store hurriedly.

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