



## The Triathletes Training Diary For Dummies

By Allen St. John

IDG Books Worldwide. Paperback. Book Condition: New. Paperback. 196 pages. Dimensions: 8.3in. x 5.5in. x 0.9in. The training journal that will help triathletes go the distance! Triathletes will find this spiral-bound diary the perfect tool to track and monitor their multi-sport training and conditioning progress. It's filled with instructional photos and illustrations, including distance charts and exercises to prevent injuries. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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-- Natasha Rolfsen

*This book is indeed gripping and interesting. It really is rally exciting throgh studying period. Its been written in an extremely easy way and is particularly merely soon after i finished reading this book through which in fact changed me, affect the way i think.*

-- Aisha Lemke

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