



Triathlon!: A tribute to the world's greatest triathletes, courses and gear

By Matthew Baird

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***Triathlon!* is a celebration of the triathletes, courses and gear that make up one of the fastest growing sports in the world. Triathlon racing - competition across the three disciplines of swimming, cycling and running - is the ultimate test of human athleticism. Whether it is on the Hawaii shore, on the frozen fjords of Norway it attracts hundreds of thousands of competitors every year. From sprint triathlons to Ironman challenges, *Triathlon!* is the ultimate tribute to one of the world's toughest challenges.**

Including chapters on the greatest triathletes in history, from the Six-time Ironman Triathlon World Champion Mark Allen, to the irrepressible Chrissie Wellington, Four-time Ironman World Champion, and the best from across the globe, *Triathlon!* covers the individuals - men and women - who have made the sport their own and inspired thousands to follow in their footsteps.

Alongside an in-depth history of the sport written by a leading triathlon expert readers will also find over 500 beautiful full-colour unique photographs of the greatest triathlon races in the world - from Hawaii to Norway, the Alps to Alcatraz - as well as the athletes and gear. Complete with statistical analysis of each race for everyone from first-time competitors to veterans, *Triathlon!* will give a complete account of what it's like to take part in these races, and what it requires to succeed.

Triathlon! will also tell the complete story of the evolution of the triathlon gear - from the development of the Triathlon bikes, as explained by experts in their field, to the pursuit of aerodynamics, wetsuits, GPS watches and nutrition to give a complete account of the world of triathlon competition.

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Editorial Review

About the Author

Matt Baird is the Features Editor of 220 Triathlon magazine, the UK's number one-selling triathlon magazine of the past 25 years. Matt has worked on 220 for the past six years, covering races, commissioning and writing features, and overseeing the news and gear sections. Matt has also contributed to Men's Fitness, the Radio Times and a variety of international triathlon magazines. Matt lives in Bristol and dream of one day placing in the top 75% of a triathlon.

Users Review

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Rosa Nguyen:

This Triathlon!: A tribute to the world's greatest triathletes, courses and gear is great e-book for you because the content which can be full of information for you who also always deal with world and also have to make decision every minute. This book reveal it details accurately using great organize word or we can say no rambling sentences inside it. So if you are read the idea hurriedly you can have whole facts in it. Doesn't mean it only provides straight forward sentences but tough core information with wonderful delivering sentences. Having Triathlon!: A tribute to the world's greatest triathletes, courses and gear in your hand like keeping the world in your arm, details in it is not ridiculous one particular. We can say that no book that offer you world inside ten or fifteen second right but this publication already do that. So , this can be good reading book. Heya Mr. and Mrs. stressful do you still doubt in which?

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