

Are You Stressed About How To Do Your First Triathlon? Preparing for your first triathlon can be a daunting challenge to say the least. It's extremely important that you're both physically and mentally prepared for your race so that you'll have a killer racing experience and be hooked on the magic of triathlon "for life!" In short, this book will take you through the steps that will get you feeling ready to rock! These are just some of the things you will learn: How your choice of a first race and your first training plan will encourage you to keep training and not leave you bruised, battered and disillusioned. The importance of developing the athlete's mindset to overcome the mental challenges of triathlon racing. Techniques and strategies for swimming in open water. The necessary steps to be able to effectively compete in the cycling component of your first race. How a gradual approach to running will build your aerobic fitness, and allow your muscles, tendons, bones and connective tissues to adapt to avoid injury. How to quickly gain the strength and stamina needed to successfully complete a triathlon using a proven 9 week workout schedule. The plan laid out here is for beginners or for more experienced racers who have taken an "extended off-season" and want to come back to racing through a gradual process. It is directed toward being able to finish a sprint triathlon with nine weeks of training. Grab your copy of this guaranteed recipe for success today! Follow the plan and get yourself prepared for race day! You'll be glad you did. Just scroll up and click the Buy now with 1-Click button to begin your journey to the finish line!

About Ben Greenfield Ben Greenfield is a nationally recognized authority in sports nutrition, endurance sports training, fat loss, wellness and human performance. Ben offers a free blog and podcast, which you can access at [BenGreenfieldFitness.com](http://BenGreenfieldFitness.com), and also offers personal, one-on-one nutrition and exercise consulting services to anyone, anywhere in the world, via [PacificEliteFitness.com](http://PacificEliteFitness.com).

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