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ISBN: 039302251X 9780393022513 0393302792 9780393302790: OCLC Number: 11842410: Description: 288 pages : illustrations ; 22 cm: Contents: Introduction --The road to Sag Harbor --Choosing a triathlon --Run, bike and swim: technique --The basic principles of triathlon training for ordinary mortals --Starting from scratch: the basic aerobic fitness program --The triathloning for ordinary mortals ...

### Triathloning for ordinary mortals (Book, 1986) [WorldCat.org]

Well known for his original ground-breaking book Triathloning for Ordinary Mortals, which has sold nearly 50,000 copies in two editions, and his USA-Triathlon Life column "Ordinary Mortals (R): Talking Triathlon with Steve Jonas," the author covers: how the run-bike-run duathlon works; how to have fun, get and stay fit, and promote your health doing duathlons; the training principles and ...

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