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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