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RACE WEEK: THE FINAL 7 DAYS TO YOUR BEST TRIATHLON



Meyer Meyer Sport (UK) Ltd, United Kingdom, 2010. Paperback. Book Condition: New. 238 x 160 mm. Language: English . Brand New Book. This how-to book will help triathletes of all skill levels in their final preparations for race day. Avoid mistakes, prepare perfectly, and learn the secrets of the pros! This book will guide you through the final week before your race, regardless of whether it is your first triathlon or your goal event for the season. Featuring material and...

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- Authored by Paul Regensburg
- Released at 2010



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