



# Triathloning for Ordinary Mortals: And Doing the Duathlon Too

*Steven Jonas*

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**Triathloning for Ordinary Mortals: And Doing the Duathlon Too** Steven Jonas

**The ultimate distance race is within your reach?a completely updated edition of the now-classic work.**

This book was first published twenty years ago in the early days of the sport. It has continued to sell to beginners and recreational multisport athletes by showing them how, starting as a fitness novice, they can cross the finish line happily and healthily, and have fun doing so, without turning their lives upside down along the way. Steven Jonas, a former nonathlete who began racing in middle age, now has over 160 multisport races?and two decades' worth of evidence that his training program works?to his credit. This twentieth-anniversary edition features a friendly, wider format; the latest advice on equipment, race choice, and preparation; and Jonas's programs that will train you for standard-distance duathlons and triathlons on 31 to 5 hours per week for 13 weeks. It even shows you how you can do the ironman distance.

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Why? Because this Triathloning for Ordinary Mortals: And Doing the Duathlon Too is an extraordinary book that the inside of the book is waiting for you to snap the idea but later it will shock you with the secret that is inside. Reading this book adjacent to it was a fantastic author who all write the book in such a remarkable way makes the content inside easier to understand, an entertaining method but still conveys the meaning fully. So, it is good for you because of not hesitating having this ever again or you going to regret it. This excellent book will give you a lot of gains than the other books include such as help improving your talent and your critical thinking technique. So, still want to delay having that book? If I were being you I will go to the book store hurriedly.

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