



The Ultimate Triathlon Workout Book: Everything You Need to Know to Have Your Best Finish Yet

Ryan Bolton

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Swim. Bike. Run. With three events combined into one competition, the triathlon is one of the most grueling sports around, and one of the most daunting to begin training for. Luckily, award-winning triathlete and champion coach Ryan Bolton has you covered. From choosing your first triathlon, to buying the best gear, to what to eat for dinner the night before, Bolton's *The Ultimate Triathlon Workout Book* is designed to help you have your best finish yet, again and again. Filled with hundreds of pieces of expert advice on every aspect of the sport, *The Ultimate Triathlon Workout Book* includes comprehensive sections on:

- The history of the triathlon and the different distances of standard races
- Each of the three core triathlon events: swim, bike, and run
- Supplementary training activities
- Nutritional guides
- And more!

Equally accessible to long-time athletes looking to branch out and couch-potatoes determined to get fit, *The Ultimate Triathlon Workout Book* belongs on the shelf of every hopeful triathlete.

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