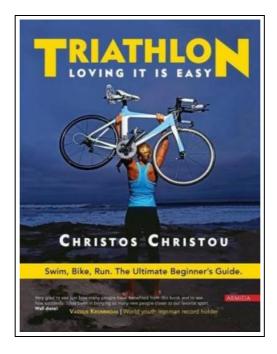
# Triathlon. Loving It Is Easy (Paperback)



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Armida Publications, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. SWIM, BIKE, RUN. THE ULTIMATE BEGINNER S GUIDE. In the quest for understanding this beautiful and increasingly popular sport, TRIATHLON. LOVING IT IS EASY is the definitive starter s book for the aspiring triathlete. This comprehensive guide is packed with practical ways that will help you: - Understand triathlon, - Understand how you fit into this discipline, regardless of your physical condition, - Comprehend how each discipline functions and learn how to properly run, swim, bike and transition, - Understand how you can improve your performance, - Train properly, train prudently, train efficiently, - Prepare for your first race, - Realize your full potential. TRIATHLON. LOVING IT IS EASY was written by a man who has lived and breathed sports all his life and triathlon for the last 15 years. As a member of his country s national team he has competed in numerous triathlon events throughout Europe. Christos s book was the first of its kind written in Greek. Now in its revised 4th edition, it has created a craze for triathlon throughout the Greek world. Apart from a wealth of athletic and scientific information, Christos shares his personal experiences with a sense of humor and honesty rarely seen in sports books. Christos is not an author; he is a triathlete. Who better to guide you in your exciting journey than a fellow sports enthusiast? Triathlon. Loving it is easy covers all areas of the sport including: - Principles of Athletic training as well as the mission of every physical education teacher - A short history of the sport; formats and distances - SWIMMING; Basics of the freestyle technique, swimming exercises, proper kit - CYCLING; Techniques, styles, exercises, kit -...



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