



## The Triathletes Training Diary For Dummies

By Allen St. John

IDG Books Worldwide. Paperback. Book Condition: New. Paperback. 196 pages. Dimensions: 8.3in. x 5.5in. x 0.9in. The training journal that will help triathletes go the distance! Triathletes will find this spiral-bound diary the perfect tool to track and monitor their multi-sport training and conditioning progress. It's filled with instructional photos and illustrations, including distance charts and exercises to prevent injuries. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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-- **Spencer Fritsch**

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