# Triathlon Training

DUMMIES

# Learn to:

- Train for a triathlon no matter your fitness level
- Get into your best possible shape
- Select the right equipment and sportswear
- Fuel your body and prevent injuries

Deirdre Pitney

Fitness writer

Donna Dourney

Triothion competitor



# **Triathlon For Dummies**

**Will Peveler** 

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