



## TriLog (7th Revised edition)

By Tim Houts

McGraw-Hill Education - Europe. Spiral bound. Book Condition: new. BRAND NEW, TriLog (7th Revised edition), Tim Houts, Whether it's your first triathlon or your tenth, this training diary and guide will help you reach your goals Now in its seventh edition, TriLog is the best training diary available for triathletes because of its many features, including: Training Diary The 56-week, undated diary lets you plan and track your training for swimming, cycling, and running for 13 months. You'll be able to monitor your progress as you continue to prepare for your triathlon. Training Guide Nearly 40 pages of cutting-edge tips and fresh workouts ideas provide you with the basics every triathlete--both novice and seasoned--need to fully prepare for a triathlon. Handy charts help you plan your goals and track your progress, as well as aid you in determining the pace you need to reach your racing goal. Along the way you will be inspired by encouraging quotes and motivational photos to spark your desire for success.



## Reviews

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