



# Swim, Bike, Run

*Glenn Town, Todd Kearney*

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This covers every facet of preparing for a triathlon in a logical, easy-to-follow progression. The book has four parts. "Getting Started" covers the basics including the physical, financial and social demands, and considers proper clothing and equipment. "Biomechanics" helps the athlete perfect his/her form, prevent injuries and reduce race times. "Training" demonstrates how to develop a schedule, and provides an overview of the changes in the body, and advises on nutrition and psychology. "Competing and More" gives the strategies necessary for a successful race day or week.

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