



Triathlon Survival Guide

Daniel Stromberg

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This manual provides you with all you need to know to train for and arrive on race day informed, fit, and confident to complete your first or next triathlon. If you are looking for reader-friendly information, geared toward helping you understand that doing triathlons is not complicated, difficult, or restricted to elite athletes, then this manual is sure to be enjoyable and motivational. With their humorous and recreational approach, Susan and Dan will help you prepare for your triathlon, be it a sprint-distance or an Ironman-distance triathlon (2.4 mile swim, 112mile bike ride and 26.2 mile run.) The information in this manual is the compilation of knowledge acquired from many resources, as well as the authors' participation in many triathlons. For information that is valuable and supplemental, but too lengthy to include in this manual, a comprehensive list of resources is also provided. In addition to providing the fundamentals of triathlon, this book was written to help people achieve something they can feel good about and be proud of! Let this book help give you the self-confidence and assurance to explore your own potential and reach limits you never thought possible.

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