

Triathlete
Magazine

TRIATHLETE MAGAZINE'S

GUIDE TO FINISHING YOUR FIRST TRIATHLON



T. J. MURPHY

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Triathlete Magazine's Guide to Finishing Your First Triathlon



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Rare book



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It is a very simple, basic approach to finishing your first triathlon. In addition, the book lacked flow and in places became a compilation of long stretches of text quoted from other experts, word by word. Great for Beginners! TJ Murphy points you to many other training and equipment resources, and gives you a basic training outline to get you started. If you are looking for in-depth training advice, this book is not for you. I got the book from the library to preview, but feel it is worth the investment to buy now. However, if you are not a stranger to exercise and need that little extra encouragement to jump start, then buy this book. Outstanding training plan for an Olympic distance triathlon as well as for a sprint. As a beginner triathlete I don't need sophisticated information and advice, yet I felt that this book inexplicably left out large and essential areas, such as any advice on how to deal with transitions from swimming to cycling and from cycling to running in races, or any mention of the need for and approach to buying a wetsuit. As a person considering a first triathlon, I found this book to be a very good introduction to the world of the triathlete! I found two other books directed at beginner triathletes, "The Slow Fat Triathlete" by Jayne Williams (Slow Fat Triathlete: Live Your Athletic Dreams in the Body You Have Now) and "Triathloning for Ordinary Mortals" by Steven Jonas (Triathloning for Ordinary Mortals: And Doing the Duathlon Too), more complete, useful, and enjoyable. The best part of the Guide is the upbeat, you-too-can-do-it attitude -- but luckily you can find such inspiration in many other places. Bought as a gift I convinced my brother to do a triathlon with me, so I bought this to help him get ready for the event. It went well. He said the book was really helpful. Three Stars Good compendium but hardly exhaustive. Triathlon magazine My husband is training for his first Iron Man race and he has been reading every issue-- he loves it! Best Triathlon book out there! Covers all bases. Too spotty, even for beginners I was disappointed with this book. This is a great book for a beginner or an intermediate experienced triathlete.}



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