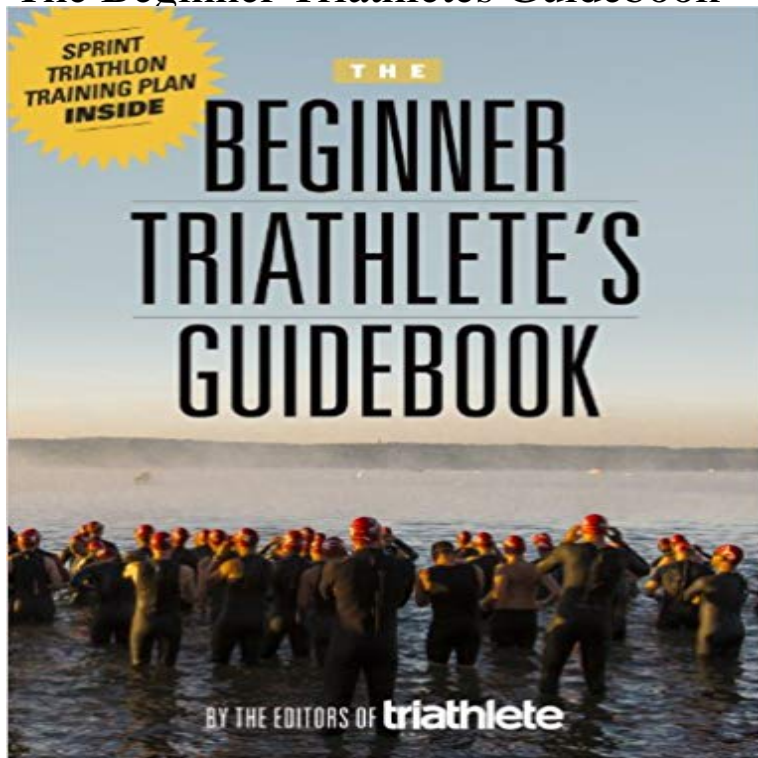


# The Beginner Triathletes Guidebook



This book contains everything you need to know to finish a triathlon: Swim with confidence Build your body for endurance Be mentally self-assured Fuel your body right Stay healthy Race like a veteran Gear up affordably

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