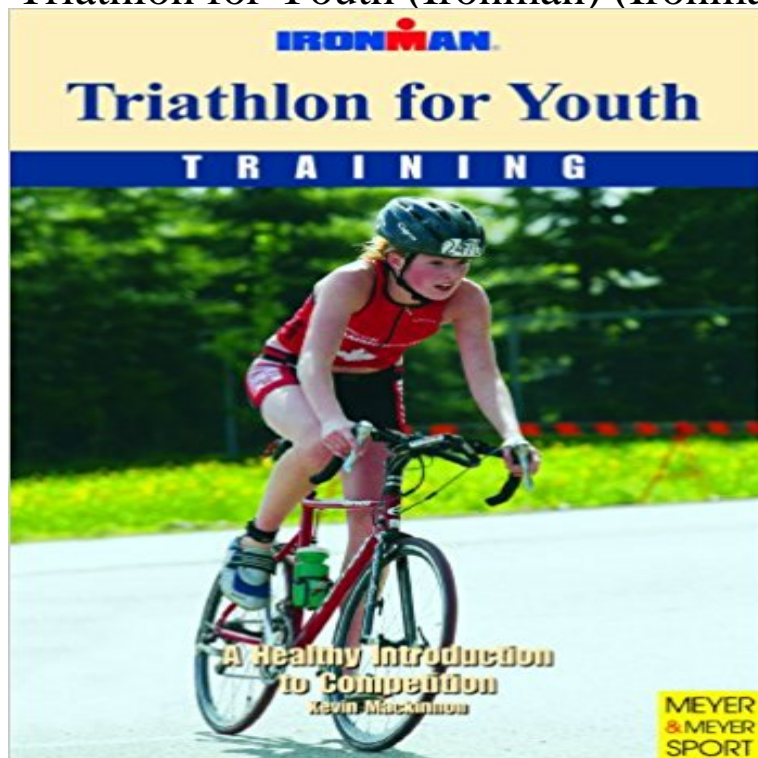


Triathlon for Youth (Ironman) (Ironman Edition)



This book will help young athletes from 12- to 16-years-old to begin a competitive career in triathlon, but in a healthy way that will enable them to develop to their full potential. It will show parents and their teenagers how to develop a healthy training plan that will enhance many aspects of their lives.

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