



Tri the Journey: A Woman's Inspirational Guide to Becoming a Triathlete in 12 weeks

Libby Hurley, Betsy Noxon

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Tri the Journey proves we're never too old or too sedentary to change our lives. Anyone with an interest in fitness, nutrition for athletics, running, swimming, biking, or training for any athletic endeavor will have a hard time putting this book down. Authors Libby Hurley and Betsy Noxon show that triathlons are no longer reserved for super-athletes. This sport now attracts thousands of people who never thought they could swim, bike, and run. The best news is: triathlon races vary in distance with some shorter, more doable events available in nearly every state. Written especially for women, this clear, practical guide offers detailed information for each sport, including, a no-nonsense list of equipment, how to begin training, and foolproof tips for overcoming obstacles. Tri the Journey is packed with stories of women who progressed from inactive to athlete within a few weeks. The authors' weekly training program provides support and guidance that will give any woman the skill and motivation to complete a first triathlon—or take her training to the next level.

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