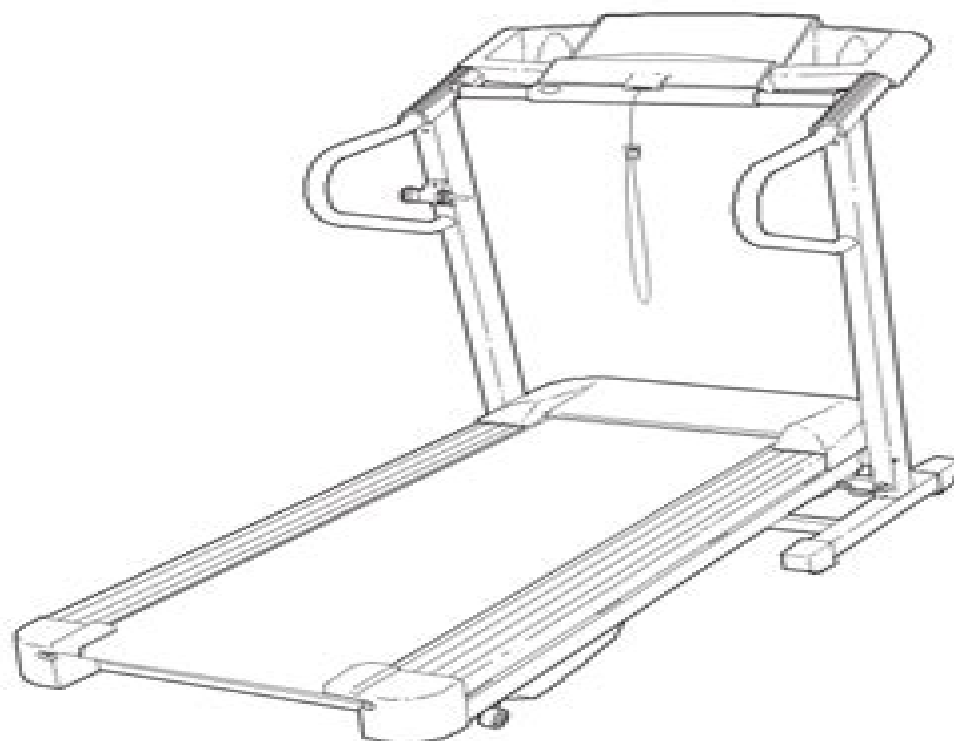
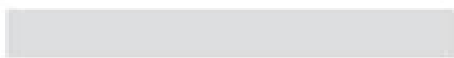
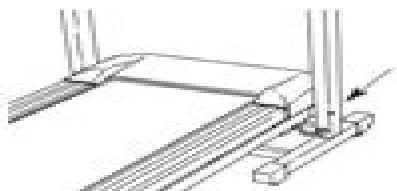


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Triathlon races are pretty much all going to start with You have to swim a certain distance then climb a bike and run again After that you have to run the final half mile This is why many folks aren't motivated by the triathlon event and won't even consider trying it However if you are one of the individuals who are quite interested in joining a triathlon then you should go for it Your task is to prepare yourself for the triathlon event by understanding the triathlon training Method beginning with the very first triathlon are constantly looking for the best triathlon training program to follow The usual triathlon program for a beginner triathlete involves focusing on the first few miles for most beginners Then where you prepare your endurance by running for a few days a week and gradually increasing the distance each week after work Then most triathletes run 5-6 days a week later on It should be noted that for a beginner triathlete it will be a difficult to follow the sprint triathlon training program due to lack of experience and knowledge All of professional triathletes on the other hand are able to come up with their own triathlon training regimen because they have enough knowledge and experience to Read The Triathlon Training Guide to know more

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