



The Triathlete's Guide to Peak Performance

Editors of Inside Triathlon magazine

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The Triathlete's Guide to Peak Performance is the ultimate resource for every multisport athlete striving to break through to the next level on the race course. It is a compilation of hard-won knowledge shared by the sport's greatest coaches and champions from the pages of *Inside Triathlon* magazine. The stories delve into the minutia behind training and racing strategies that have carried athletes to Olympic success and Ironman® world titles. This e-book shows you how to reach the pinnacle of your own abilities by tapping into your mental and physical potential.

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