

## Fast Track Triathlete Balancing Big Life Performance

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This item: Fast-Track Triathlete: Balancing a Big Life with Big Performance in Long-Course Triathlon by Matt Dixon Msc Paperback £15.30. In stock. Sent from and sold by Amazon. The Triathlete's Training Bible: The World's Most Comprehensive Training Guide by Joe Friel Paperback £16.99. In stock.

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The following is an excerpt from Fast-Track Triathlete: Balancing a Big Life with Big Performance in Long-Course Triathlon by Matt Dixon and has been reprinted with permission from VeloPress. Working with a coach can be a smart and beneficial step to help you achieve success in triathlon. However, you must understand that the coach is not the catalyst for your success.

~~The Athlete-Coach Relationship | Training Peaks~~

Fast-Track Triathlete: Balancing a Big Life with Big Performance in Long-Course Triathlon by Dixon MSc, Matt. Click here for the lowest price! Paperback, 9781937715748, 1937715744

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