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## Duathlon Training and Racing for Ordinary Mortals: Getting Started and Staying with it

By Steven Jonas

Rowman & Littlefield. Paperback. Book Condition: new. BRAND NEW, Duathlon Training and Racing for Ordinary Mortals: Getting Started and Staying with it, Steven Jonas, USA-Triathlon, the national governing body for multi-sport racing, is committed to fostering the duathlon as the organization's "growth sport." With the full backing of USA-Triathlon-including sections on duathlon history and the forthcoming USA-T program for promoting duathlon-author Steven Jonas has penned the first modern guide for the aspiring multi-sport racer who cannot or simply doesn't want to swim. Well known for his original ground-breaking book Triathloning for Ordinary Mortals, which has sold nearly 50,000 copies in two editions, and his USA-Triathlon Life column "Ordinary Mortals (R): Talking Triathlon with Steve Jonas," the author covers: how the run-bike-run duathlon works; how to have fun, get and stay fit, and promote your health doing duathlons; the training principles and programs for races of varying lengths, from starting from scratch to Doin' the Du on a regular basis throughout the season, centered on a series of 13-week training programs; finding and choosing your races; the basic techniques of running, cycling and fast walking (which can be used on the run legs in both duathlon and triathlon); equipment; race planning...



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