

Triathlon Guide

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First triathlon? Follow our beginner's training plan with expert tips on daily workouts, course information, and how to mentally prepare for race day.

The american triathlon calendar

Listing of triathlon and multisport events, local and worldwide. Updated daily.

The ultimate beginners guide to triathlons

This is a guest post by Joel Runyon, writer, triathlete and author of Impossible TRI. I spent about 5 years of my life wanting to do a triathlon.

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