



140 conseils pour ne pas finir un triathlon (French Edition)

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Livre humoristique illustré. Dans le livre "140 conseils pour ne pas finir un triathlon", un seul objectif : prendre à contre-pied les astuces sérieuses et classiques que les triathlètes entendent partout. Oubliez les 5 ou 10 « conseils clés » que vous avez pu lire ici et là. Dans cet ouvrage humoristique, vous en trouverez 140 qui vous garantiront l'échec à coup sûr ! Ce livre s'adresse à toutes les personnes qui ont pour ambition de ne pas terminer un triathlon Ironman et à tous les triathlètes qui en ont déjà terminé un mais qui rêvent de réussir à ne pas passer cette ligne d'arrivée. Pour tous ces sportifs, vous découvrirez dans ce petit guide humoristique une liste de 140 conseils à suivre pour réaliser votre rêve ! Vous trouverez des conseils plus ou moins loufoques sur l'entraînement, la nutrition ou encore pour le jour de la course. Avec cette méthode, réalisez votre objectif. Peu d'entraînement pour un résultat garanti ! Du même auteur : "100 conseils pour ne pas faire un marathon" (les 100 conseils sont adaptés des 140 conseils sur le triathlon).

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