



Average to Amazing Triathlon: A complete guide to getting better results

Mariana Correa

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Average to Amazing Triathlon: A complete guide to getting better results Mariana Correa

Average to AMAZING Triathlon is a great book for any triathlete who is looking for better results. With the perfect combination and inspiration you will be on the path to greatness. The author Mariana Correa is a former professional athlete and certified sports nutritionist that competed successfully all over the world. She shares years of experience both as an athlete and a coach bringing a priceless perspective. This book goes beyond the subject of Triathlons. It inspires you to excel, and dare to dream beyond your abilities. Every aspect to succeed is explained including mental training, hydration, nutrition and much more. After reading this book you will be on your way to be healthier, fitter and happier.

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