



# The Woman Triathlete

*Christina Gandolfo*

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Polish your technique and fine-tune your training. *The Woman Triathlete* is the sport's premier resource, customized to meet your specific needs.

Current *Her Sports* and former *Triathlete* editor in chief Christina Gandolfo assembled an all-star cast of female triathletes and coaches. Barb Lindquist teaches swim technique. Bettina Younge explains how to maximize efficiency on the bike. Heather Fuhr offers insights for striding ahead of the competition on the run. Gale Bernhardt, Siri Lindley, and Lori Bowden present a complete blueprint for excelling in sprint, Olympic, and long-distance races.

Expert advice on equipment, nutrition, and a host of other topics ensures you'll find targeted information on each topic. Written *by women for women*, this book is both a comprehensive and personal guide to becoming the best and fastest triathlete you can be.

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