

# The Woman Triathlete

By Christina Gandolfo



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Christina Gandolfo is currently the editor-in-chief for Her Sports magazine and the former editor-in-chief of Triathlete magazine. She is also a member of USA Triathlon.

The Woman Triathlete: Technique, Equipment, and Training Advice Tailored to Your Needs by Christina Gandolfo (Editor) starting at . The Woman Triathlete: Technique

Christina Gandolfo is the author of The Woman Triathlete (3.73 avg rating, 45 ratings, 8 reviews, published 2004)

Her Sports and Triathlete editor Christina Gandolfo's The Woman Triathlete is a gender-specific and thorough look at how women can improve their triathlon performance

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Feb 07, 2009 Beginner Olympic/International Distance Training (1.5K Swim/40K Bike/10K Run) 8 Week Plan Christina Gandolfo, Editor of The Woman Triathlete & HerSports

The Woman Triathlete Christina Gandolfo. Review Summary Overall, the book offers sound advice and would be an asset to every novice triathlete.

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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

The Woman Triathlete Christina Gandolfo What s it all about? A comprehensive guide to triathlon, is edited by Christina Gandolfo. Note edited- the book itself

Christina Gandolfo is the editor in chief of Her Sports magazine and the former editor in chief of Triathlete magazine. She holds a bachelor's degree in journalism

Triathlon 101 is a training guide for those new to triathlon (the other one we really liked is The Woman Triathlete by Christina Gandolfo and other authors). In

The Woman Triathlete. Current Her Sports and former Triathlete editor in chief Christina Gandolfo assembled an all-star cast of female triathletes and coaches.

By Christina Gandolfo. Short Description. Polish your technique and fine-tune your training with The Woman Triathlete. Featuring expert advice on equipment,

For a triathlete without the option to draft Aerodynamic equipment--such as bike frames with This is an excerpt from The Woman Triathlete, Christina Gandolfo

VJE Personal Training provides thalon Also female triathletes "The Woman Triathlete" edited by Christina Gandolfo features many accomplished woman and winners

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