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honestly I never trained more than 3 hours a week Most weeks less than 2 My work and family commitments forced me to read and learn widely about how to train smart to overhaul my health and fitness This little book gives you the key principles I learnt along the way I m not writing this for elite athletes I m not an elite athlete myself please don t buy this if you want to hear from a veteran or an elite athlete But if you re someone wanting to get started and who feels stuck and constrained at the same time then I really believe I can help I ve been there and walked the journey and kept records of what has really worked There s great news for you It really is possible to get started in triathlon and to become proficient in this wonderful sport of swimming cycling and running even when you have a very limited amount of free time This book covers everything you need to get started in triathlon and everything is written from the perspective of someone who doesn t have a lot of time to train This book is all about learning to train smart how to do more with less Let s jump in

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