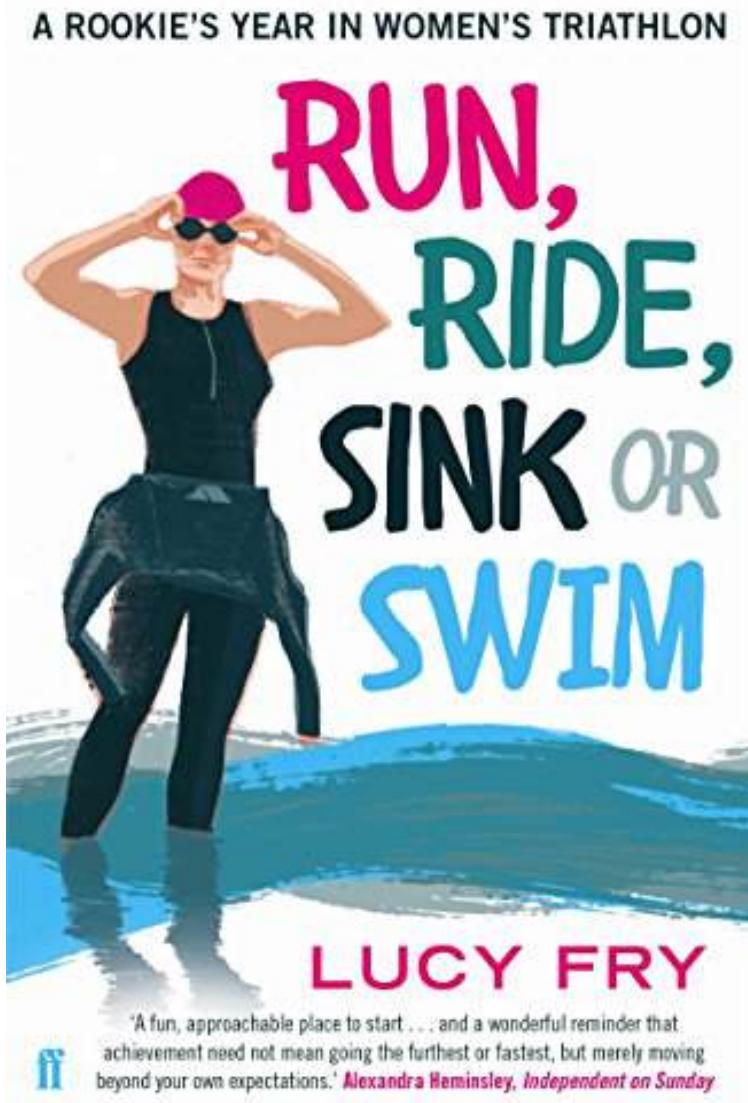


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640884 on 508384 that 503295 is 492114 said 487809 was 434749 with 423779 at 408185 Run, Ride, Sink or Swim: A year in the exhilarating and addictive world of women's triathlon:

1 of 1 review helpful Fit person gets a bit fitter and does a couple of triathlons By lisajanea I really wanted to like this book after a friend recommended it but it didn't even help motivate me with my current training The author Lucy is already fit as in starts the book swimming a 1.8km open water swim does a 90km bike ride in her first few weeks of training and can run a 10k in well under an hour decides she At the age of thirty one Lucy Fry was pretty certain she knew her limits And here's how she felt about the component parts of triathlon swimming fairly terrifying especially in open water Cycling brilliant when done on a stationary bike indoors Running sometimes fantastic sometimes hideous But as increasing numbers of her female friends continued to sign up to tri Lucy couldn't help wondering what was it about this exhausting pursuit that women About the Author Lucy Fry writes a weekly fitness and wellbeing column for the Living section of the Sunday Telegraph previously had a fitness travel column at Easy Jet Magazine and is currently the travel editor for DIVA She writes regular features for many

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