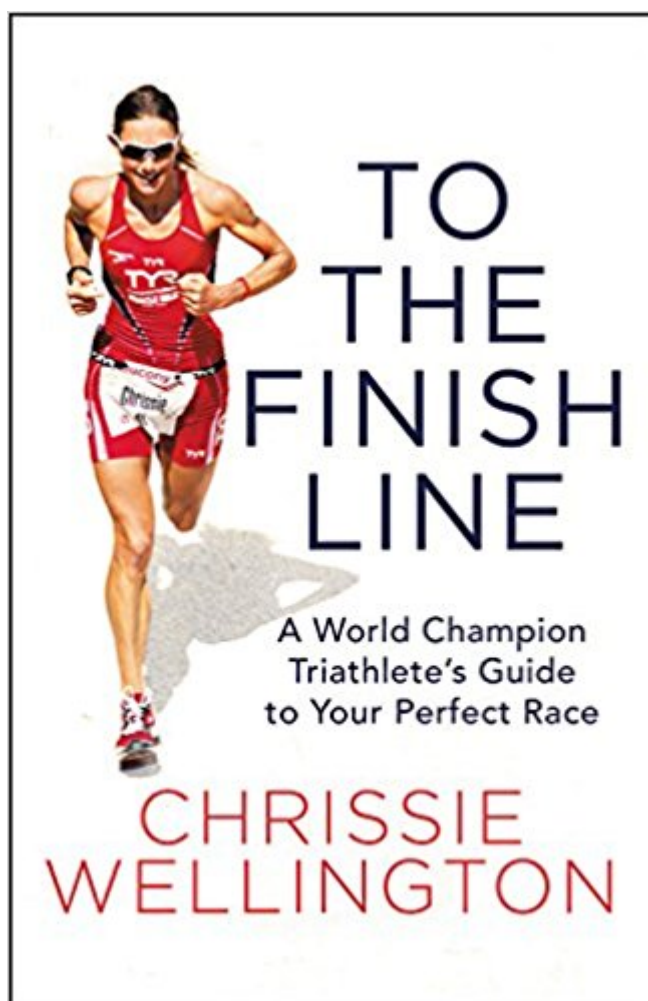


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To The Finish Line: A World Champion Triathlete's Guide To Your Perfect Race



Synopsis

Chrissie Wellington, the world's number one female Ironman athlete and four-time World Ironman Champion, presents her struggles, wisdom, and experiences gained from her hard-won career as a triathlete. With close to 2 million core participants, triathlons of various distances and challenges are attracting more participants than ever before. In *TO THE FINISH LINE*, one of the sports' greatest legends brings triathlon to life, with guidance for newbies or experienced athletes, to achieve their best triathlons-no matter their ability. Filled with training tips, practical advice and inside information from a champion, triathletes of all levels can benefit from Wellington's experience and insight. Her book will guide readers on their own journey, whether that be a sprint or an Ironman, and encourage them to rise to every new challenge.

Book Information

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Customer Reviews

Ironman World Champion 2007, 2008, 2009, 2011, **CHRISSIE WELLINGTON** is an iconic figure in the history of triathlon. She is the only triathlete, male or female, to have won the World Ironman Championship less than a year after turning professional, an achievement described by the British Triathlon Federation as "a remarkable feat, deemed to be a near impossible task for any athlete racing as a rookie at their first Ironman World Championships." She lives in Bristol, United Kingdom.

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