



Start to Finish: 24 Weeks to an Endurance Triathlon

Paul Huddle, Roch Fey, T.j. Murphy

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Paul Huddle and Roch Frey show you how to move from short distance triathlon to endurance triathlons.

Longer workouts, balancing work, family, and training, adding speed work recovery, and the mental game are all essential when you decide to move up to the Ironman® distance.

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