

Swim Bike Bonk: Confessions of a Reluctant Triathlete

I never thought I'd be a triathlete. In fact, I didn't even think I could swim 50 meters without drowning.

But then I met a group of friends who were training for an Ironman triathlon, and they convinced me to join them. I figured, what the hell? I'm in good shape, and I've always wanted to do something crazy.



Swim, Bike, Bonk: Confessions of a Reluctant Triathlete

by Will McGough

★★★★☆ 4.4 out of 5

Language	: English
Paperback	: 144 pages
Item Weight	: 4.9 ounces
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Enhanced typesetting	: Enabled
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Print length	: 313 pages
X-Ray for textbooks	: Enabled



So I bought a wetsuit, a bike, and a pair of running shoes, and I started training. And let me tell you, it was hard. I hated swimming, I couldn't bike for more than 30 minutes without getting a flat tire, and I was always the last one to finish my runs.

But I kept at it, and slowly but surely, I started to get better. I learned how to swim without panicking, I figured out how to change a flat tire in under 5 minutes, and I started to enjoy running.

And then, one day, I crossed the finish line of my first triathlon. It was the hardest thing I've ever done, but it was also the most amazing feeling in the world.

In this book, I share my journey from couch potato to Ironman finisher. I tell all the funny, embarrassing, and inspiring stories that happened along the way. I hope that my story will inspire you to挑戰 yourself and achieve your own goals, no matter how crazy they may seem.

Here's a taste of what you'll find in Swim Bike Bonk:

- How to overcome your fear of swimming
- How to change a flat tire in under 5 minutes
- How to run a marathon without dying
- The importance of having a good support team
- How to stay motivated when the going gets tough

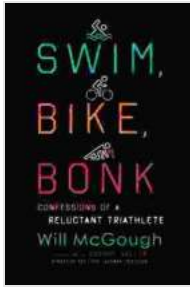
If you're thinking about ng a triathlon, or if you're just looking for a good laugh, then this book is for you.

Free Download your copy today!

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