



The Indoor Triathlete: Be triathlon ready 365 days a year.

By Bill Hammons

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Are you ready to lose weight, feel better than ever and get out in the world? If so, follow Bill Hammons' advice in The Indoor Triathlete. Training indoors is safer and more consistent than training outdoors. The water is consistently warm. The spin bikes are traffic free. And, you won't be running in the rain. By practicing your swim, bike and run every other day indoors, race day is like every other day for you.

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Editorial Review

About the Author

Bill benefited from great coaching and extensive study over the the last forty years. Notable coaches who have coached him are Arthur Lydiard and Terry Laughlin. Cycling in the U.S. and abroad helped him get out and see the world. Running fast marathons in the range of two and a half hours helped Bill land a job at IBM. Bill also helped runners that he coached earn scholarships to their colleges. Swimming provided him with work as a lifeguard and Total Immersion instructor. Bill helps you put all three sports together on a consistent basis so you can do sprint or Olympic distance triathlons year round.

Users Review

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