



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

*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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