

SPECIAL BEGINNER'S GUIDE

GEAR >> TRAINING >> SCENE >> LIFESTYLE

Triathlete

FEBRUARY 2010

FINISH YOUR FIRST

SPRINT, OLYMPIC,
70.3 OR IRONMAN

TRIATHLON

7 RULES

OF BIKE BUYING

GO LONG

INCREASE RUNNING
SPEED + STAMINA

MAGALI TISSEYRE
70.3 TRIATHLETE OF THE YEAR

**MAKE THIS NEW YEAR'S
RESOLUTION STICK**

triathletemag.com

\$5.99

02>



0 74808 02735 4