

**The 12-Week Triathlete: Train For A Triathlon In Just  
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wondering if you're CRAZY enough to start training for your first triathlon or to just train twice a week in each of the three triathlete) combined with a

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Tom Holland has competed in numerous triathlons and is a member of PowerBar Team Elite. He is the author of The Truth About How to Get in Shape. He has a degree in

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The 12-week triathlete : train for a triathlon in just three months : sprint, Olympic, half-Ironman, Ironman

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Author: Tom Holland, Title: The 12-Week Triathlete: Train for a Triathlon in Just Three Months (Paperback), Publisher: Fair Winds Press, Category: Books, ISBN

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on persistent and often periodized training in each of the three Triathlon Training". The 12-Week Triathlete: Train for a Triathlon in Just Three Months.

## **Tom holland | motility llc | zoominfo.com**

View Tom Holland 's business profile He is the author of The Marathon Method and The 12-Week Triathlete, and The 12-Week Triathlete: Train for a Triathlon in

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Tom Holland is the host of the 10 DVD and The 12-Week Triathlete: Train for a Triathlon in Just Three Months 2 Responses to Tom Holland | Exercise Physiologist.

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