



## Run, Ride, Sink or Swim: A Rookie's Year in Women's Triathlon

By Lucy Fry

FABER FABER, United Kingdom, 2016. Paperback. Book Condition: New. Main. 198 x 129 mm. Language: English . Brand New Book. At the age of thirty-one, Lucy Fry was pretty certain she knew her limits. And here's how she felt about the component parts of triathlon: swimming - fairly terrifying, especially in open water. Cycling - brilliant when done on a stationary bike, indoors. Running - sometimes fantastic, sometimes hideous. But as increasing numbers of her female friends continued to sign up to tri, Lucy couldn't help wondering: what was it about this exhausting pursuit that women seemed to find so magical, so transformative? The time had come to find out. Over one year, five triathlons and hundreds of training hours, Lucy uncovers the ins and outs of women's triathlon: how to wear a sports bra under a wetsuit, the competition and camaraderie, whether getting over jelly legs makes you a more resilient human being - and finds that maybe she doesn't know her limits after all. Funny, warm and engaging, Run, Ride, Sink or Swim is for both the tri-curious and the dedicated tri-hard, and for any woman looking for inspiration to make the transition from sofa...



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*This book is definitely worth acquiring. I have gone through and so I am certain that I will likely read through again in the future. It's been printed in an exceptionally basic way in fact it is only after I finished reading this publication in which it actually altered me, changed the way in my opinion.*

-- **Andres Bashirian**

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