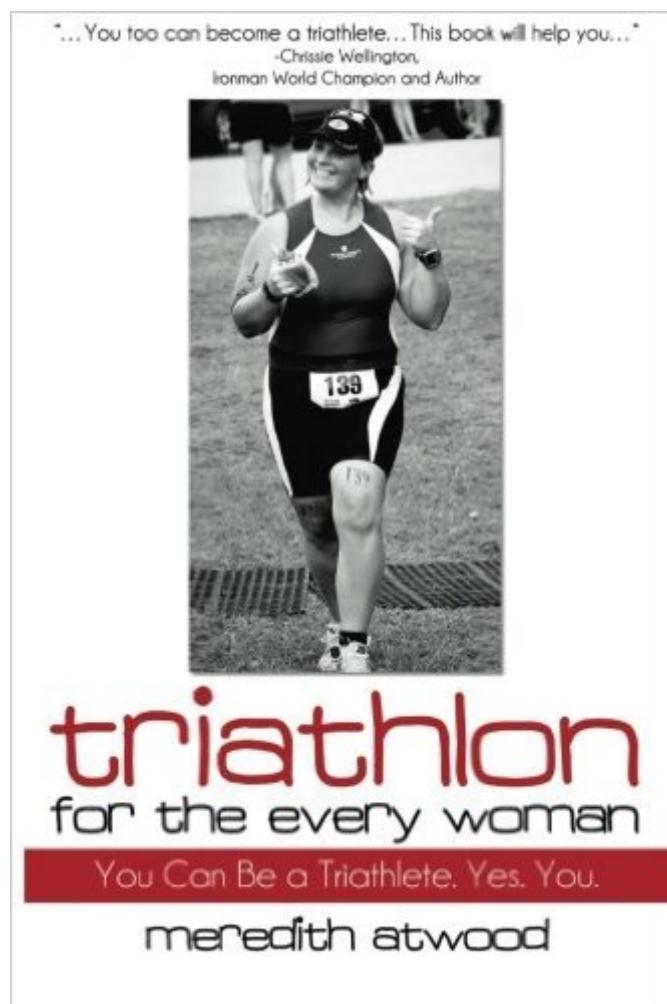


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# Triathlon For The Every Woman: You Can Be A Triathlete. Yes. You.



## Synopsis

Triathlon for the Every Woman is a hilarious and informative read--full of expert advice, training tips, and stories to turn a tired, busy woman into a tired, busy woman TRIATHLETE--no matter her size, age or place in life. Meredith Atwood, an overweight and overworked wife, mother and attorney, went from the couch to the finish of a half Ironman triathlon in a little over a year. Her book, full of contributions from expert coaches, nutritionists and athletes, takes the reader through the disciplines of swimming, biking and running. In addition, the book includes comical accounts of battling the scale and the balancing act of training with a spouse, kids and a full-time job. The book will inspire and entertain-- and have even the busiest of women taking on the challenge of swimming, biking and running. Even for those lacking in time, motivation or hope, Triathlon for the Every Woman will turn everything around and make any woman a believer.

## Book Information

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## Customer Reviews

this book covers everything that a brand new, baby triathlete needs to know before gearing up (mentally/emotionally/physically) for that first triathlon. before now, there's just simply not been a place for newbies to to get the inside-scoop advice that you'll read here from swim bike mom. i've been a triathlete for two seasons, and even with a couple years of triathlon experience, i still learned so much from this book.i'm really not much of a reader, but honestly - from the moment i picked this up, i just couldn't put it down. it's a quick read that's loaded with tips and tricks from athletes and experts from so many categories. you don't have to be a triathlete (or even have the desire to be!) to pick this up & find yourself lovin' every minute.

I'm a 61 year old retiree who spent 6 years in a wheelchair from a spine injury. Slowly the chair went away. This year I started running. Then I started biking. Reading *Triathlon for Every Woman* has made me realize that while I may be slow, I can do it. Meredith brings humor into some of the most serious topics and in a way that the information stays with you. Not only is it practical in physical preparation for activities I might never have tried (and some may never), but she brings reality into the emotional and mental aspects of the game. Because of her story and my own personal Coach Monster, who has read her book, I went from a stroller 6 months ago to this week running intervals for 8 miles and biking 12 miles, with a personal best for a 5k thrown in. My goal after reading *Triathlon for Every Woman* went from maybe I'll do a 1/2 marathon some day to maybe I'll run a marathon, and I will do a Duathlon (sprint) within the next year. Thanks Meredith.

The book is flat-out great. It reminds us that real people with real lives can and do succeed at attempting crazy things. It's not only a collection of funny anecdotes (always a winner in my book) but also contains specific information about each aspect of training for and completing a triathlon - and just about everything in between. Reading the book reassures you to "dream bigger dreams for yourself" and "do it for you." Dangerous, scary words for us to think but oh, what if we accomplish our goals? Wow. *SwimBikeMom* did it. And we can too.

This book is a training and race memoir with a bit of cheerleading thrown in. The balance between the two works for the first two-thirds of the book, and then I wanted much less of Atwood's play by plays of her races. For example, I'm not sure I cared too much about the four races she ran in the run up to her first half Ironman competition. I don't follow Atwood's *Swim Bike Mom* blog, so this was my first introduction to her writing style. While I appreciate her efforts to keep it real, after 200 pages, I wanted to spend less time with Meredith being Meredith, and more time reading about... something else. (I wish I knew what that something else was.) To be fair, Atwood does a good job bringing in other voices to talk about various aspects of training and racing. However, after the experts's roundtable portion of the book, it's all Atwood, all the time, and that's when I became frustrated with the book. I wasn't sure why I was being told the story of four races in four weekends before the big race at the end. What was the point? To reiterate again that Atwood feels fat? That she felt both prepared and unprepared for the upcoming competition? To hear yet another tale of panic in the water or an argument with her spouse? It was more of the same she'd written before, without adding to the overall. There's a whole interlude with an injury that felt more appropriate for

the blog than the book as well. (Your mileage may vary, of course. I felt it didn't tie in as well as it could have, but it's entirely possible to enjoy the detour.) On balance, this is probably a book I would read again, but only the first 1/2-2/3. I would skip the end entirely.

This book is absolutely amazing and a must read for anyone - not just those aspiring to be a triathlete. If you are interested in swimming, biking, running, or any combination of the three - this book is full of amazing insight and information from an everyday woman who accomplished her dream of becoming a triathlete against the odds as well as plenty of experts in each discipline. In addition, if you're a mom, a working mom, or even just a woman trying to balance it all - you will love this book. I'm not a mom, but I identified with so much of this book and it had me laughing and crying the whole way. This book provides endless entertainment and top notch information on achieving your dreams and on the disciplines of swimming, biking, running, and triathlon.

This book answers all those questions you have about triathlon but were afraid to ask. Meredith covers it all from what to wear, gear and thoughts on managing training and family issues. It is extremely thorough and funny look at our sport. If you are just diving in to the idea of triathlon or have been logging miles for a while, you won't be disappointed. SBM will be your triathlon BFF!

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