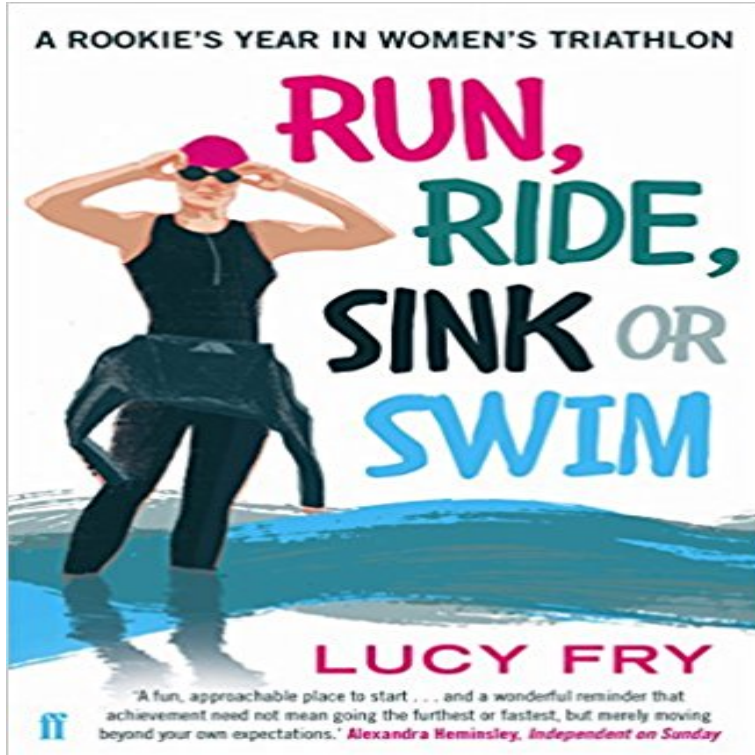


## Run, Ride, Sink or Swim: A year in the exhilarating and addictive world of womens triathlon



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 womens 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 to start line.

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