



## Triathlon - Techniques in Action DVD [2007] [NTSC]

*Steve Trew*

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**Triathlon - Techniques in Action DVD [2007] [NTSC]** Steve Trew

This new DVD explains the techniques and training that can improve your performance in this ultimate endurance sport. Presented by an Olympic coach and interspersed with his unique tips, it covers drills in each of the disciplines, including transitions, and also looks at core conditioning.

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Running time: 55 minutes

**Synopsis**

This new DVD explains the techniques and training that can improve your performance in this ultimate endurance sport. Presented by an Olympic coach and interspersed with his unique tips, it covers drills in each of the disciplines, including transitions, and also looks at core conditioning. About the Director Steve Trew is a leading figure in the triathlon community. He has been involved in triathlon for over twenty years as an athlete, coach, team manager, commentator and journalist and has coached medallists at all the major triathlon championships.

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