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

"... You too can become a triathlete... This book will help you..."  
Cherie Wellington,  
Ironman World Champion and Author



**triathlon**  
for the every woman  
You Can Be a Triathlete. Yes. You.  
meredith atwood



## Synopsis

Triathlon for the Every Woman is a hilarious, fun 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

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.

I found this book to be very entertaining as well as informative. I wouldn't say that it's a training guide, but definitely a guide into the world of triathlon. Lots of basic terms are covered, but mostly

it's about Meredith, the author, and her journey to be an IronMan. And it is one hilarious, yet inspiring, journey. I appreciate all her tips and tricks, and while I may not do EVERYTHING she suggests, I'll certainly be thinking and planning ahead. I guess the most memorable tip I took from the book is to never, ever change anything on race day. Train the way you race. Don't get new clothes or especially new shoes. Don't get a new bike or a new diet. Not saying that you can't get new stuff, just not on race day (or the day before). I enjoyed how real the stories in this book are. Like the way she and her husband got into tiffs or full blown arguments during training. Training can be stressful. Throw in a relationship, kids and a full time job and it can be a recipe for disaster. Meredith talks honestly about how she and her husband, a.k.a the "Expert," get through it all. She also brings in some outside experts too. There's a word from her coach and others she met along the way. I like how she did not claim to have all the info, but just wanted to share and let other women know that they too can be triathletes. Yep, even me. And you 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 might be one of my favorite books when it comes to fitness and middle age. Atwood narrates a tale here that will be familiar to so many of us - whether it is that you are an Athena (fancy way of

saying more than 150lbs or so) or you are someone who did not think you could do it. She really is for the every woman. Now granted her background is athletic (more than couch potato) but it's not as if she was only a year or two out of that situation. She's got a real job and a real family and real issues. There are injuries, self doubt, and family commitments that all converge to make things not as easy as you might think. It takes dedication and perseverance and that is what I think you can get out of this book. I've seen some reviews that say maybe this one is a bit long winded. I didn't find it so. I was utterly fascinated pretty much the whole book. The amount of detail she uses as she breakdown races made me feel like I was there with her and REALLY was motivating. There is some (there is always some) do as I say not as I do but it doesn't really detract. Also this book did not come across as whining and obnoxious. I've read a few lately that are similar where that tone was something I didn't really enjoy. Atwood has a coach but it grows organically and it never seems to put her up on an elite status as far as "well this book is for everywoman who clears \$200K per year" - like another book I have been listening too. I found her blog/website to be also very interesting. One of my biggest fears is that I'll look stupid. This is not the same as having people look at me because of my body - truth be told I'm at about 26% Body Fat and I may be carrying a few extra lbs but overall I'm happy with my weight and that's not my issue. It's more the fear of embarrassment heavy on the looking like an "a%#" part of it. Just sayin'. REALLY enjoyed this book. Felt it was worth every penny. I'll go back to it I'm sure again and again for inspiration. Outstanding!

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