



Swim, Bike, Run: Our Triathlon Story

Alistair Brownlee, Jonathan Brownlee

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***Swim, Bike, Run* is the ultimate triathlon book, from Olympic heroes the Brownlee brothers**

The Olympic Triathlon, Hyde Park, London

August 7th 2012

'We jogged to our positions on the pontoon: two brothers, side by side, the world and everyone we ever cared about looking on. Eighteen years of training, culminating in this single race. Noise from the crowd impossible to imagine. Hearts thumping. Swim-hats pulled tight, goggles lowered. Into a crouch, poised for the hooter. Three. Two. One...'

This is the story of how two skinny lads from west Yorkshire became the best triathletes in the world.

Meet the Brownlees: Olympic Champion Alistair, World Champion Jonny. Brothers, training partners, rivals. They have obliterated the competition and set new standards for swimming, biking and running.

But the Brownlee brothers have never forgotten their roots. They still do their schoolboy hill runs and Dales rides; still train harder and longer than anyone; still push each other to new heights.

In this revealing, often very funny book they take us inside their world and inside their races. It's both a riveting story of brotherly rivalry and a rare insight into what it takes to be the best.

Swim, Bike, Run is also packed with training secrets. Whether you are thinking about your first triathlon or are a seasoned competitor, here are unique sections on how to swim, bike and run, and advice on nutrition, injury, and mental approach. With the Brownlees in your corner, you will do more than you ever thought possible.

This book is essential reading for anyone interested in swimming, cycling and running and will be loved by readers of Mark Cavendish's *Boy Racer* and *Running with the Kenyans*.

Alistair Brownlee, 24, is a British triathlete from Yorkshire. He is the reigning Olympic champion, a back-to-back European champion and a two-time World champion.

Jonathan Brownlee, 22, is also a British triathlete from Yorkshire. He is the reigning World Champion, a two-time World Sprint champion and an Olympic bronze medalist.

'Sport has two new heroes: a couple of nice lads from Yorkshire '
The Times

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From reader reviews:

Jerry Hernandez:

The reserve with title Swim, Bike, Run: Our Triathlon Story includes a lot of information that you can understand it. You can get a lot of benefit after read this book. This kind of book exist new information the information that exist in this guide represented the condition of the world at this point. That is important to yo7u to know how the improvement of the world. This book will bring you with new era of the syndication. You can read the e-book on your own smart phone, so you can read that anywhere you want.

Daniele Vaugh:

A lot of people always spent their very own free time to vacation or even go to the outside with them family or their friend. Do you realize? Many a lot of people spent they free time just watching TV, as well as playing video games all day long. If you would like try to find a new activity honestly, that is look different you can read a new book. It is really fun in your case. If you enjoy the book that you simply read you can spent 24 hours a day to reading a e-book. The book Swim, Bike, Run: Our Triathlon Story it is quite good to read. There are a lot of those who recommended this book. These were enjoying reading this book. In case you did not have enough space to bring this book you can buy often the e-book. You can m0ore quickly to read this book through your smart phone. The price is not very costly but this book features high quality.

Margaret Bonner:

That guide can make you to feel relax. That book Swim, Bike, Run: Our Triathlon Story was multi-colored and of course has pictures on there. As we know that book Swim, Bike, Run: Our Triathlon Story has many kinds or category. Start from kids until youngsters. For example Naruto or Investigator Conan you can read and believe that you are the character on there. So , not at all of book are generally make you bored, any it can make you feel happy, fun and chill out. Try to choose the best book for you personally and try to like reading this.

Todd Porter:

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