

Duathlon Training And Racing For Ordinary Mortals (R): Getting Started And Staying With It By Jonas M. D., Steven (2012)

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Podcast: Play in new window | Download. Dr. Steve Jonas, the author of Duathlon Training and Racing for Ordinary Mortals: Getting Started and Staying With It

Steven Jonas is the author of Triathloning for Ordinary Mortals (3.56 avg rating, 36 ratings, 7 reviews, published 1986),

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The duathlon season is upon us and there are a few tweaks you can still make to ensure sure you race faster than ever without actually having to be any fitter.

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