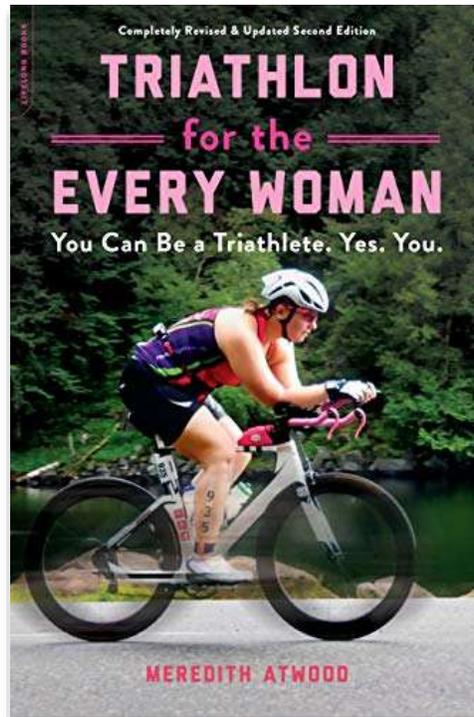


**YOU ARE A BADASS for aspiring triathletes:
TRIATHLON FOR THE EVERY WOMAN**
is the practical and inspiring guide to getting out of your head
and on the road to your **FIRST—or NEXT—triathlon!**



"You too can become a triathlete: no matter what your age, your background, or your ability...This book will help you change 'I can't' into 'I can' and give you the tools, advice, and inspiration for how to do it. With this book, you will realize that your life truly has no limits!"

--- Chrissie Wellington, Ironman World Champion, author of *A Life Without Limits* and *To the Finish Line*

Meredith Atwood was a tired, overworked, overweight, working wife and mom who never thought she'd run a mile, let alone complete a triathlon. But step by step, she became a triathlete. Now a coach and writer for endurance publications, Meredith shares her hard-won wisdom and tips for training and for life. In **TRIATHLON FOR THE EVERY WOMAN: You Can Be A Triathlete. Yes. You.** (Da Capo Lifelong Books, an imprint of Hachette Books; on sale 3/12/19; trade paperback; \$17.99; ISBN 978-0-7382-8543-6) Meredith Atwood not only tells the inspiring, hilarious, and totally gutsy story of how she went from stressed-out lawyer to completing an IRONMAN 70.3 race in just over a year, she also provides the latest expertise on each component of the triathlon: swimming, biking, and running—and more. With compact training plans, the most current nutrition advice, updated resources, and the latest information on long-distance racing, **TRIATHLON FOR THE EVERY WOMAN** has all you need to make your fitness goals a reality.



Meredith Atwood is a recovering attorney, wife, mother of two, four-time IRONMAN triathlete who had never run a mile in her life until she tackled the sport of triathlon. She's the host of "The Same 24 Hours Podcast," and a writer for *Triathlete Magazine* and *Women's Running*. In 2010 she started writing about her journey and created her Swim Bike Mom blog. Over 2.5 million words later, she has built a cult following of women (and men) who desired a change in their lives--but not at the expense of their health, family or sanity.

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For more information about TRIATHLON FOR THE EVERY WOMAN or to schedule an interview with Meredith Atwood, please contact Lauren Ollerhead at 212-364-1214 or lauren.ollerhead@hbgusa.com

TRIATHLON FOR THE EVERY WOMAN

You Can Be a Triathlete. Yes. You.

By Meredith Atwood

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