



Middle: How I Trained for the Junior Triathlon (Paperback)

By Sarah Charles

MacMillan Education Australia, Australia, 2006. Paperback. Condition: New. Language: N/A. Brand New Book. Natasha describes how she trained for a junior triathlon. She takes us through her training step by step. Topics covered include what to eat, how to register and what to do on race day. Genre: Procedural Recount Reading Age: 9.3 - 9.7 years.



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