



To the Finish Line: A World Champion Triathlete's Guide to Your Perfect Race

Chrissie Wellington

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Chrissie Wellington, the world's number one female Ironman athlete and four-time World Ironman Champion, presents her struggles, wisdom, and experiences gained from her hard-won career as a triathlete.

With close to 2 million core participants, triathlons of various distances and challenges are attracting more participants than ever before. In **TO THE FINISH LINE**, one of the sports' greatest legends brings triathlon to life, with guidance for newbies or experienced athletes, to achieve their best triathlons-no matter their ability. Filled with training tips, practical advice and inside information from a champion, triathletes of all levels can benefit from Wellington's experience and insight. Her book will guide readers on their own journey, whether that be a sprint or an Ironman, and encourage them to rise to every new challenge.

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