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Issue 231
March 2009 £3.99

SWIM > BIKE > RUN > FASTER

220 Triathlon

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TRAIN LOW, RACE HIGH

Beat your best with our radical nutrition strategy

STRETCHING FOR TRIATHLETES

20-minute warm-downs to avoid injury and boost speed

Richard Stannard's top 3 swim sets p64

LONG-DISTANCE SPECIAL

HARDER, FASTER, LONGER

Training tips, Ironman tales plus meet our new columnist... Chrissie Wellington!

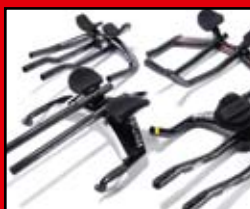
WIN!
A triathlon starter pack worth £900

278
RACES TO CHOOSE FROM



How to...

- + Peak for spring duathlons
- + Make quick, tasty and nutritious lunches
- + Master the 90km bike



Tested...

- + Isaac Joule Pro 2009
- + Merida Warp 9 vs Erox Quarra Extra Speed
- + 10 top-end aerobars

origin PUBLISHING



Have you got what it takes to be an Ironman? p22