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Run, Ride, Sink or Swim : A Rookie's Year in Women's ...

Run, Ride, Sink or Swim 1. Tell us how you first found an interest in exercise and sport? I was sporty as a really young girl, but then lost... 2. What are your preferred workouts of choice? Now I love lifting weights and doing interval training, in particular... 3. As freelance journalist, how to ...

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Run, Ride, Sink or Swim | Faber & Faber

The challenge - and the resulting memoir Run, Ride Sink or Swim - began with a question, as I wondered how this sport had grown so fast in both popularity and scope? The first recorded triathlon event was held in California in 1974, and yet within less than three decades it had joined the Olympic ranks, appearing in the Olympic Games in Sydney 2000.

Run, Ride, Sink or Swim | Waterstones.com Blog

Run, ride, sink or swim : a year in the exhilarating and addictive world of women's triathlon. [Lucy Fry] -- At the age of thirty-one, Lucy Fry was pretty certain she knew her limits. But, as an increasing number of her friends signed up for triathlons, she couldn't help wondering what it was about it that ...

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