

# **The 12-Week Triathlete: Train For A Triathlon In Just Three Months By Tom Holland**

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Tom Holland is the host of the 10 DVD and The 12-Week Triathlete: Train for a Triathlon in Just Three Months 2 Responses to Tom Holland | Exercise Physiologist.

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View Tom Holland's business profile He is the author of The Marathon Method and The 12-Week Triathlete, and The 12-Week Triathlete: Train for a Triathlon in

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Tom Holland has competed in numerous triathlons and is a member of PowerBar Team Elite. He is the author of The Truth About How to Get in Shape. He has a degree in

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