

THE UK'S BIGGEST AND BEST-SELLING TRIATHLON MAGAZINE

Issue 246
May 2010 £3.99

SWIM > BIKE > RUN > FASTER

220 Triathlon

www.220triathlon.com

**WE SOLVE YOUR
SWIM BREATHING
PROBLEMS** P62

WORLD SERIES PREVIEW

**CAN BROWNLEE
WIN IT AGAIN?**

The contenders and
courses he must conquer

**Beat your
Ironman best
by 30mins!**

**SPEED
ON A BUDGET**

Money-saving ways to transform your bike

12
**Bike-to-run
sessions**

WIN!
Speedo
triathlon kit
worth over
£700



How to...

- + Train for your first tri
- + Tame The Outlaw bike
- + Recognise and fix common bike noises



Tested...

- + £500 bikes from Giant, Trek, Carrera and Pinnacle
- + 10 triathlon glasses
- + 5 multi-tools

