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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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One of the aspects of
Triathlon (Tri) that Lucy
Fry repeatedly
comments on in her
book Run, Ride, Sink or
Swim is the small

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proportion of female competitors in the sport and the difference between male and female competitors. I found one reported conversation with her coach particularly interesting ...

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Funny, warm and engaging, Run, Ride, Sink or Swim is for the tri-curious and the tri-

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hard, and for any woman looking to make the transition from sofa to start line. Three sports in one event? Triathletes must be crazy, right?

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Funny, warm and engaging, Run, Ride, Sink or Swim is for both the tri-curious and the dedicated tri-hard, and for any woman looking

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for inspiration to make the transition from sofa to start line. At the age of thirty-one, Lucy Fry was pretty certain she knew her limits.

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for her. But as
increasing numbers of

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her female friends
signed up to tri, Lucy
couldn't help
wondering: what was it
...

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