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Craig Howie is the author of Domestic Partnerships (0.0 avg rating, 0 ratings, 0 reviews, published 2003) and The Four Pillars of Triathlon

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### **Six tips for racing in the heat | 303triathlon**

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Will Murray is our go-to resource for Mental Skills advice. co-author of the book The Four Pillars of Triathlon: Vital Mental Conditioning for Endurance Athletes.  
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### **2 questions to help you increase your motivation**

Sep 2, 2015 Asking yourself two simple questions can help keep your motivation Much of the writing about mental conditioning talks about what an athlete should do but Will Murray is a USA Triathlon certified coach with D3 Multisport and Four Pillars of Triathlon: Vital Mental Conditioning for Endurance Athletes.

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### **Will murray - boulder triathlon examiner -**

Will specializes in mental conditioning. He is co-author, with Craig Howie, of The Four Pillars of Triathlon: Vital Mental Conditioning for Endurance Athletes and

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By Will Murray; Published June 23, 2015 . and co-author, with Craig Howie, of The Four Pillars of Triathlon: Vital Mental Conditioning for Endurance Athletes.

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Also thanks to Cafe Velo, Orbea, Specialized, Hammer Nutrition athlete Beth and . Will Murray, co-author of Four Pillars of Triathlon: Vital Mental Conditioning

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