



# Slow Fat Triathlete: Live Your Athletic Dreams in the Body You Have Now

*Jayne Williams , Tim Anderson (Illustrator)*

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**Slow Fat Triathlete: Live Your Athletic Dreams in the Body You Have Now** Jayne Williams , Tim Anderson (Illustrator)

The idea of participating in a triathlon may sound out of the realm of possibility for those without a typical jock-athlete's honed build, intense focus, and competitive mindset. But now *Slow Fat Triathlete* opens the door to those who may not come quite so equipped. After years of obesity, poor health, and self-doubt, Jayne Williams took part in her first triathlon in 2002 to prove something to herself and became hooked on the rush of the race. Today she is a self-proclaimed "slow fat triathlete," unafraid to overcome humiliation, laugh at her foibles, have fun, and accomplish impressive goals. *Slow Fat Triathlete* is a book for those who may be overweight, out of shape, undisciplined, or otherwise unprepared to enter a triathlon but are curious to try. Through personal stories, practical ideas and suggestions, and uproarious anecdotes, this book inspires, encourages, and proves that with a little training, almost everybody can have a great time and reap huge rewards from pursuing their tri dreams—and that everyone can become a participant and an athlete.

## Slow Fat Triathlete: Live Your Athletic Dreams in the Body You Have Now Details

Date : Published April 8th 2004 by Da Capo Lifelong Books (first published April 7th 2004)

ISBN : 9781569244678

Author : Jayne Williams , Tim Anderson (Illustrator)

Format : Paperback 192 pages

Genre : Nonfiction, Sports and Games, Sports, Health, Fitness

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# **From Reader Review Slow Fat Triathlete: Live Your Athletic Dreams in the Body You Have Now for online ebook**

## **Jo \* Smut-Dickted \* says**

This is a book that will motivate you. Not as expansive as Triathlon for the Every Woman: You Can Be a Triathlete. Yes. You. but has some great moments. Even though it's a bit older the info is still good. Has some interesting race recaps that can be quite funny. I'm more of a slow triathlete (not so much on the fat) but it is good to read books from folks that consider a 10 minute mile to be an accomplishment. I enjoyed this one - and I read the DTB. That tells you something!

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## **Elaine Meszaros says**

Williams describes herself as "nearly asteroid sized and shaped" when she decided to start running. Within two years she was competing in her first triathlon. She freely admits that yes, she is fat and yes, she is slow. But she also competes and has a great time. She pokes fun at herself as she sprays down with Pam to get into her wetsuit and mentions that her sprint and jog look virtually identical. There's a 95% chance I won't be doing a triathlon anytime this decade, but Williams' book was a funny and inspiring read for anyone wanting to get off the couch and try something new. Yes, she says, you'll look like a fool while you're doing it, but at least you're out there doing something fun. Great attitude, super funny inspiring book.

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## **Kate says**

fuck yeah dude. this totally got me through my triathlon. she's all like, "yeah, you're going to do dumb stuff like fall and be sweaty and muddy and gross and you're going to look like an asshole. and people are going to take one look at you and think you can't do shit because you're a fatty. but you know what? fuck them and do it anyways." really realistic and awesome and inspiring. a little light on the technical stuff, though, but there's a million other books out there for that shit.

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## **Jnoblitt says**

I loved this book. Main idea: no need to look like a greyhound in order to enjoy sports. This book is very funny but also very effective. Made the training approachable and enjoyable. It was my main source for doing my first-ever triathlon and it worked really well. After the race I sent her a note and she wrote me back to say congrats. I'm a big fan!

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## **Jamee Zielke says**

A friend recommended this book after I complained about another book I read that claimed to be targeted at moms who run, but was actually targeted to athletes who happen to have children but mostly just love

running and everything about being athletic. That might seem like the same thing, but really it can be very different.

Anyway, like the author, I am a slow fat 'athlete'. I am just working on running though, not swimming and cycling, and I have no desire to do a triathlon. And I say 'athlete' mainly because I have a complex about that, and always have (even when I was thin). I have a damn hard time every calling myself an 'athlete'.

Which, as it turns out, is exactly why I needed to read this book. Williams encourages her readers, who are probably not ultra thin lifelong runners/cyclists/swimmers, but somewhere on the spectrum of getting fit while also carrying (or recently losing) extra weight. I finished this book energized, and ready to redouble my efforts at training for gradually longer runs and am currently working toward completing a half marathon. Williams made me feel like I CAN do it, not like I have to justify why I would ever refer to myself as an 'athlete'.

As a book, it's a quick easy read and Williams offers a lot of practical advice for people looking into working on fitness, specifically triathlons (of course). She has a sarcastic humor that I enjoyed, and does a good job of addressing concerns for the slow fat athlete. She's also quite a bit faster than me, even at "slow", but that's OK because I know she'd be cheering me on, along with all my chubby peers. The books is well organized and one can easily find topics that address their concerns.

I'd recommend this book to anyone looking to begin a fitness program after a long time on the couch.

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### **Christopher Sears says**

I think this book serves its purpose well. You will need to read this book with another triathlon book if you want to get all of the knowledge that you need to really get started. However, this book does put a personal face on triathlons.

I found the writing style to be too cutesy for my tastes. I did enjoy the fact that she made triathlon sound fun, but I would prefer "just the facts."

I found the website that accompanies the book, and I was a little disappointed to hear that Jayne is having health problems. I've heard that you can run into health complications from losing weight too fast. I am working on a duathlon of my own, and I am taking it slowly.

Overall, I would recommend reading this book, but one reading should be sufficient.

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### **Jessie says**

I hope to NOT actually be a slow, fat triathlete by August. But Jayne certainly shares my view of why I'm really doing this whole thing - to get out there and just have a good time. So this was an important read to get my head in the right mind set.

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## **Tanya says**

What a great book for anyone, and I mean anyone, considering a triathlon. I had already begun my training for my first triathlon when I accidentally found this book on Amazon while searching for my brand of exercise clothes. As I trained alone for my events last year, it was comforting to have someone's personal experience to lean on as I approached my first raceday. Now, even months past my events, I still recall tidbits of advice gleaned from Jayne's experience, which helped me get through my events with a whole lot less stress. I highly recommend this book for anyone considering adding a triathlon medal to their life list of goals achieved!

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## **Celeste says**

I bought this book because, after seeing the title, I thought it was a book about athletic pursuits geared to those of us who are not made completely of muscle.

Like my rating, I thought it was ok. It wasn't horrible, and the organization of it flowed in a pattern that made sense to me. I felt like I learned a few things too, and it made me go from no desire to try a triathlon to perhaps doing one once the kids are older.

But the writing was not that great. The conversational tone was not the problem, it seemed meant to be that way; the problem was that the author was trying too hard. I could tell that she was including sassy little quips to provoke a laugh, and that always makes a book, show, movie, whatever distinctly un-funny. And there were a few places that I wondered about her word choice. In a book that's not aiming for awards or is a classic, I try not to judge diction and the like, but this book made me wrinkle my brow a couple of times and wonder, "did she have to write it like that?"

It took me a while to read because it got tedious. I'm done with this type of book for now.

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## **Jen says**

Unapologetically NOT written by an expert, Jayne Williams simply tells her story of being almost 300 pounds with a variety of injuries and health issues to competing in triathlons. It's packed with humor and aimed for those who want to try something that they may never excel in, but who think the journey is worthwhile. Excerpt from page 2: "Hang with me for a couple of pages while I convince you just how unlikely it was that I would ever even start training for a triathlon, let alone work my way up to mediocre results."

On her "start-up kit" list, she justifies the need for getting a wetsuit with four reasons. #3 and #4 are as follows: #3 "You feel like a superhero in a wetsuit . . . The superstretchy material compresses your bulgier bits and makes you feel strong. . . (#4) However, it is equally true that you look like a total dork. . . you take yourself less seriously that way."

A slim book, I'm half-way through on the first day. The information is highly memorable because of her personable story-telling style. I can't wait to finish it, and have already asked Honey if we can do a 5K together for my birthday in June. Boy, was he thrilled, but he humored me anyway and signed up for one in

## **Nicole says**

A self-proclaimed “Slow, Fat Triathlete”, author Jayne Williams announces to the health and fitness world that a person does not need to fit a slim-trim mold to compete in athletic endeavors! From page one, Williams describes various types of road and off-road challenges that may appear daunting to someone not seasoned in the arena of self-inflicted torture! William’s realistic ability to view herself as not in perfect shape, in her forties, and willing to laugh at her “foibles” prevails. Repeatedly, she persuades the self-conscious person to ‘get over’ looking like a fool – that “self-consciousness is the enemy of fun. It’s the enemy of feeling comfortable. It’s the enemy of achievement” (19).

Slow, Fat Triathlete’s front cover proudly displays the message “Live your athletic dreams in the body you have now.” Throughout the pages, encouragement emerges on every page that ‘anyone can tri’. She urges people to move as ability allows. As well, Williams often directs readers who experience any sort of contraindicative health issue, like hypertension or diabetes, to speak with their doctor(s) before setting out to exercise, and to err on the side of caution to prevent injury and burnout. For someone who never before contemplated planned physical activity (i.e. exercise), she writes tips and sound advice as well.

Williams does not claim to possess the knowledge or skills of a coach but offers personal advice from her experiences and advice she gains along the way from both professional and recreational triathletes. Emphasized repeatedly, the adage, “start off slowly,” weaves a message throughout the text to remind the over-enthused not to start out too quickly or too intensely! In the event of injury, from the acute to the chronic, suggestions emerge in the latter portion of the book on how to rest and rehabilitate (or seek assistance). Ideas about training schedules, rest days, and necessary gear versus ‘fun-stuff’ line the pages between an actual report from William’s first triathlon and how to create a personalized program. She even includes a chapter dedicated “for people who love triathletes” to engage significant others and supporters!

Priced at \$15.95, either a pre-contemplative couch potato or a veteran triathlete can purchase Slow, Fat Triathlete for encouragement, advice, ideas, or just plain humor! Williams writes with clever confidence and unmistakably personal accounts. As a veteran triathlete who competes against stereotypical norms, Jayne Williams encourages readers to go with what you enjoy. Get up, get out, and move! “Believe that your body, like any body, was made to be moved, and that any body in motion is a glorious thing” (20).

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## **Anna says**

I've been waiting for a book like this for a long time. I run, I bike, I swim, and yet I'm still the weight that I am and this book tells me to forget that and train anyway.

Don't let her account of her many ailments throw you off at first - she is leading to a very good point about working around these things and knowing your limits and surpassing what you thought you could do.

It's a feel good book that doesn't get all sappy.

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## **Dawn says**

Loved this book. She's a regular person, a lot like most of us...was kinda out of shape, overweight and decided she wanted to do a sprint (short) triathlon. The whole book is about not letting it intimidate you. And she keeps you laughing as she describes the event.

On the transition from swim to bike: "OK, now you've got your cycling gear on. Grab your bike off the rack and trot to the bike exit. you remember where the bike exit is, right? When the moment is right get on your bike and pedal smoothly away. D'oh! You left your bike in the hardest gear and you can't move your legs! Avoid this common yet spectator-amusing mistake!"

On the transition to the run after the bike ride: "Start thinking of yourself as a runner. Slow down and get off the bike...slip into your running shoes, grab your race number and hat and go....make sure you run in the right direction out of the bike rack...It's OK that your legs feel like new and improved flavor Jell-O...just keep shuffling forward and that feeling will go away eventually."

I thoroughly enjoyed my vicarious tri with her. I might even maybe sorta think about doing one sometime.

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## **Christine says**

As an aspiring athlete who identifies strongly with the title (which I'll admit took me aback a bit at first) I found this book to be a great resource. It's full of encouragement, mystique-busting information (for instance describing the details of what transitions are and explaining much of the lingo) and really practical advice. It's also often extremely funny - I didn't expect to laugh out loud while reading about triathlon training! I've been thinking of doing a sprint triathlon for over a year since I started running, and reading this book helped me actually sign up for one this August and start my training (!). I really liked the author's sense of appreciating the fun of moving, of enjoying challenge and affirming the accomplishment inherent in choosing to be active, even if we might not win the race...

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## **Jen says**

We sell this book in the store where I work my second "get out of the house and meet people" job, and the title alone intrigued me. As a wannabe triathlete myself, I wanted to see what it was like for someone more athletically challenged (as well as fighting the battle of the bulge). Williams delights and amuses throughout the story. She offers excellent training tips interspersed with her "race reports," narratives describing her experience at a particular event. It made me even more interested in participating in my first sprint triathlon this fall. Highly recommended for all my runner friends and those considering getting into one or all of the sports featured in triathlon (swim, bike, run).

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