



## The Triathlon Training Book: How to be Faster, Smarter, Stronger (Paperback)

By James Beckinsale

Dorling Kindersley Ltd, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book. Trying your first sprint triathlon or wanting to raise your game? The Triathlon Training Book is the one-stop reference for every triathlete. Here are all the essentials you need to improve your sports performance and reach your goals. Kick-start your triathlon training with coaching advice on perfecting technique, improving sports nutrition and choosing the best kit and equipment. Improve your racing potential to swim better, cycle more efficiently, and run faster with technical coaching. Build strength, stamina, and flexibility by following step-by-step stretching exercises and strength and conditioning drills. Protect yourself with guidance on how to avoid injury and maintain fitness levels. Follow customisable triathlon training programmes that are tailored to help you succeed in the four major distances - Sprint, Olympic, half Ironman and Ironman. Including expert advice on race strategy and tips on keeping motivated and reducing transition time, The Triathlon Training Book will show you how to train safely and effectively to reach your full potential.



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