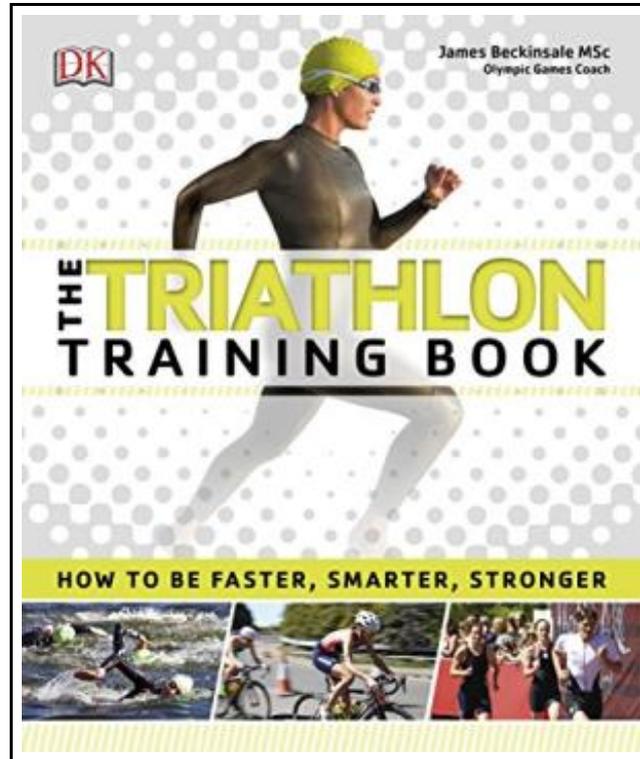


The Triathlon Training Book (Paperback)



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Dorling Kindersley Ltd, United Kingdom, 2016. Paperback. Book Condition: New. 239 x 201 mm. 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 athletic performance and reach your goals. Kick-start your triathlon training with coaching advice on perfecting technique, improving nutrition and choosing the best kit and equipment. Improve your racing potential and heighten your performance in each discipline with detailed drills, and build strength, stamina and flexibility by following step-by-step exercises and 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-day 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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