

Triathlete's Essential Week-by-Week Training Guide



ESSENTIAL WEEK-BY-WEEK TRAINING GUIDE

*Plans, Scheduling Tips,
and Workout Goals
for Triathletes of All Levels*

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From the author of Triathlete magazine's popular Complete Triathlon Book comes this

follow-up, an invaluable guidebook offering dozens of different training plans for triathletes of all ability and experience levels. The book shows any triathlete how to build up their training every week to hit their ultimate goal, for any distance format - from short sprints and Olympic distance events all the way up to half-Ironman and Ironman races. Good-humoured narrative text accompanies detailed workout schedules and guidelines, as well as weekly goals. 'At-a-glance' and 'week-by-week' breakdown calendars simplify the training process and coaching tips that focus on particular aspects of training appear throughout. In addition the book includes off-season training plans and photo-illustrated supplemental stretching, strength and power exercises.

作者介绍:

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