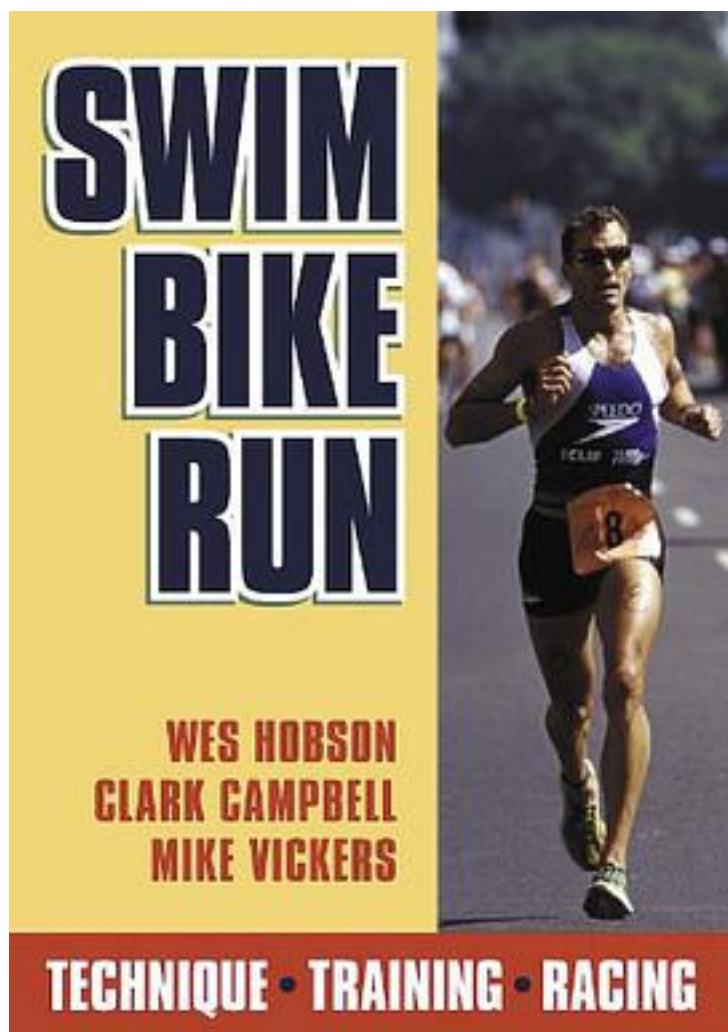


Swim, Bike, Run



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Gain a competitive edge with the new triathlon training manual from top professional

triathlete Wes Hobson. "Swim, Bike, Run" contains all you need to know to be successful in triathlons of any length, from Sprint to Olympic to Ironman. With years of professional experience to guide you, you'll be racing smarter--and faster. Each discipline is discussed in its own section, where you will find key workouts, information on choosing from the latest equipment, and lessons on refining your technique. From polishing your swimming stroke, to learning the correct cycling position, to developing great running form, everything you need to improve in every discipline of triathlon is in "Swim, Bike, Run." You'll also find information on- balancing workouts to avoid injury and staleness, - nutrition tips, - mental training, - choosing the right event, and- planning your season. Hobson also shares his wealth of experience to teach you winning race strategy and gives tips for your perfect race-day preparation. Swimming expert and former professional triathlete Clark Campbell and accomplished age-group competitor Mike Vickers add their own insights to the mix, giving you a complete manual to optimize your training. If you're motivated to improve your triathlon performance, add knowledge and experience from a top professional to your arsenal and maximize your training with "Swim, Bike, Run."

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