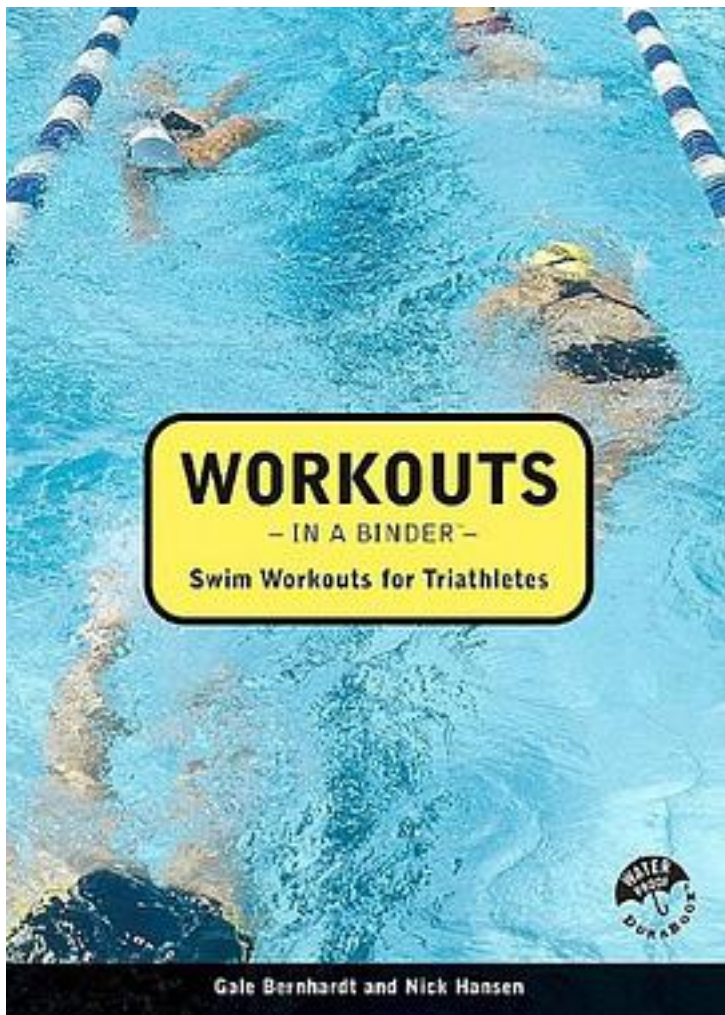


Workouts in a Binder



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Triathletes who hope to improve their swimming too often mix and match workouts or

workout segments with no particular goal. The workouts in this set provide a handy, compact, inspiring and waterproof program. Written by an elite-level triathlon and cycling coach, and a former U.S. National Team swimming coach, the book comprises seven workout categories: Anaerobic Endurance Speed, Anaerobic Endurance Form, Force Speed, Force Form, Muscular Endurance Speed, Muscular Endurance Form, and Muscular Endurance Distance. The variety of workouts included and their ease of use keep the process engaging and allow users to more easily achieve elusive swimming goals. Workouts in a Binder can easily be used in conjunction with triathlon training manuals such as Training Plans for Multisport Athletes or The Triathletes Training Bible, or as stand-alone workouts for swimmers. Illustrated throughout, a bound set of waterproof workout cards for triathletes at all levels is also included.

作者介绍:

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