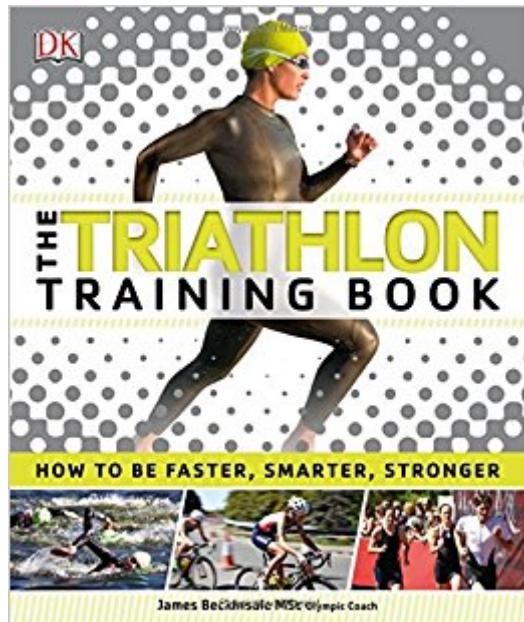


The book was found

The Triathlon Training Book



Synopsis

The Triathlon Training Book is your one-stop reference for training and competing in a triathlon. Find all the essentials you need to start training and improve your performance: Clear, customizable training plans for all triathlon distances. Step-by-step exercises to build your strength. Incredible illustrations that explain efficiency and speed. Expert advice on race-day strategy, nutrition, and equipment. Trustworthy advice on treating common triathlon injuries and maintaining a healthy body. Whether you are a first-timer or a seasoned Ironman veteran, you'll find what you need in The Triathlon Training Book. There's even a special performance chapter with detailed anatomical artwork that explains the physiology and body mechanics for swimming, cycling, and running so you can see what's happening inside your body as you train.

Book Information

Paperback: 160 pages

Publisher: DK (February 16, 2016)

Language: English

ISBN-10: 1465444173

ISBN-13: 978-1465444172

Product Dimensions: 7.8 x 0.5 x 9.4 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 3 customer reviews

Best Sellers Rank: #631,955 in Books (See Top 100 in Books) #100 in Books > Health, Fitness & Dieting > Exercise & Fitness > Triathlons #149 in Books > Sports & Outdoors > Individual Sports > Triathlon #915 in Books > Sports & Outdoors > Coaching > Training & Conditioning

Customer Reviews

James Beckinsale (MSc and BTA Level 3) is one of the UK's leading high-performance triathlon coaches. Founder of Optima Racing Team in London and an Olympic and Commonwealth Games Coach, he has been training novice and elite athletes for 17 years. James has coached age-group triathletes to medal at World, European, and Ironman competitions, and his website is www.optimaracingteam.com.

The product is perfect and everything was as agreed

Very good book. Everything was explained well. I wish it had a little more information on swimming though.

Very helpful and informative

[Download to continue reading...](#)

Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) IronFit Triathlon Training for Women: Training Programs and Secrets for Success in all Triathlon Distances The Complete Guide to Triathlon Swimming And Training: Discover How To Quickly And Easily Swim Faster And More Efficiently, Overcome Your Fears, And Have Your Best Triathlon Yet IronFit Secrets for Half Iron-Distance Triathlon Success: Time-Efficient Training For Triathlon's Most Popular Distance Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Cat Training: The Definitive Step By Step Guide to Training Your Cat Positively, With Minimal Effort (Cat training, Potty training, Kitten training, Toilet ... Scratching, Care, Litter Box, Aggression) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: A Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training Going Long: Training for Triathlon's Ultimate Challenge (Ultrafit Multisport Training Series) Dog Training -Train Your Dog like a Pro: The Ultimate Step by Step Guide on How to Train a Dog in obedience(Puppy Training, Pet training book) (Dog Taining, ... training books, How to train a dog, Book 2) Brain Games for Dogs: Training, Tricks and Activities for your DogÃ¢â€šâ€s Physical and Mental wellness(Dog training, Puppy training, Pet training books, Puppy ... games for dogs, How to train a dog Book 1) Dog Crate Training: 8 Tips to Help Your Best Friend Adjust (Dog Training, dog crate training problems, dog separation anxiety, dog potty training Book 1) Bodyweight Training: Bodyweight Cross Training WOD Bible: 220 Travel Friendly Home Workouts (Bodyweight Training, Bodyweight Exercises, Strength Training, ... Bodybuilding, Home Workout, Gymnastics) Rowing WOD Bible: 80+ Cross Training C2 Rower Workouts for Weight Loss, Agility & Fitness (Rowing Training, Bodyweight Exercises, Strength Training, Kettlebell, ... Training, Wods, HIIT, Cardio, Cycling) Dog + Puppy Training Box Set: Dog Training: The Complete Dog Training Guide For A

Happy, Obedient, Well Trained Dog & Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days Puppy Training: How to Housebreak Your Puppy In Just 7 Days (puppy training, dog training, puppy house breaking, puppy housetraining, house training a puppy,) Puppy Training : How to Housebreak Your Puppy in Just 7 Days: (Puppy Training, Dog Training, How to Train A Puppy, How To Potty Train A Puppy, How To Train A Dog, Crate Training) The Ultimate Guide to Weight Training for Swimming (The Ultimate Guide to Weight Training for Sports, 25) (The Ultimate Guide to Weight Training for Sports, Guide to Weight Training for Sports, 25) Puppy Training: The full guide to house breaking your puppy with crate training, potty training, puppy games & beyond (puppy house breaking, puppy housetraining, ... dog tricks, obedience training, puppie)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)