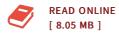




The Triathlon Training Book: How to be Faster, Smarter, Stronger (Paperback)

By James Beckinsale

Dorling Kindersley Ltd, United Kingdom, 2016. Paperback. Condition: New. 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 sports performance and reach your goals. Kick-start your triathlon training with coaching advice on perfecting technique, improving sports nutrition and choosing the best kit and equipment. Improve your racing potential to swim better, cycle more efficiently, and run faster with technical coaching. Build strength, stamina, and flexibility by following step-by-step stretching exercises and strength and conditioning drills. Protect yourself with 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 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.



Reviews

It is really an remarkable book i have at any time study. It is rally intriguing through reading through time. Your life period will likely be change when you complete looking at this pdf.

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This publication is indeed gripping and exciting. I could comprehended almost everything using this composed e publication. I am easily could possibly get a delight of looking at a composed pdf.

-- Lynn Lindgren

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Positive Psychology News, United States, 2015. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. What are the elements of good character? The Values in Action (VIA) project identified 24 qualities such as...



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Children's Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



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Anness Publishing. Paperback. Book Condition: new. BRAND NEW, The Trouble with Trucks: First Reading Book for 3 to 5 Year Olds, Nicola Baxter, Geoff Ball, This is a super-size first reading book for 3-5 year olds, with an engaging story, colourful pictures...