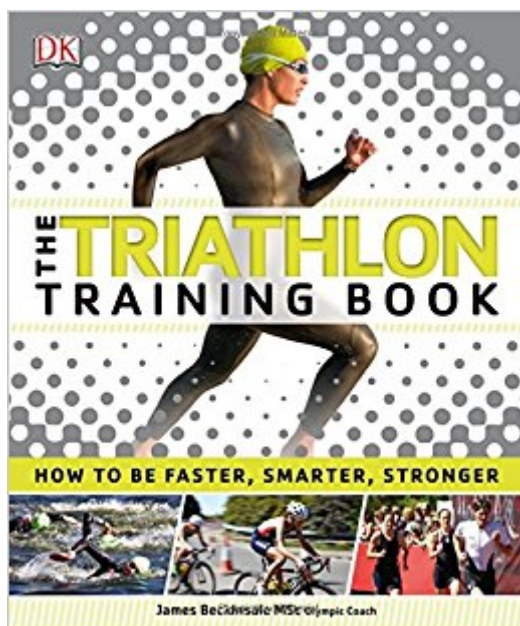


The book was found

# 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

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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](http://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

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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)

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