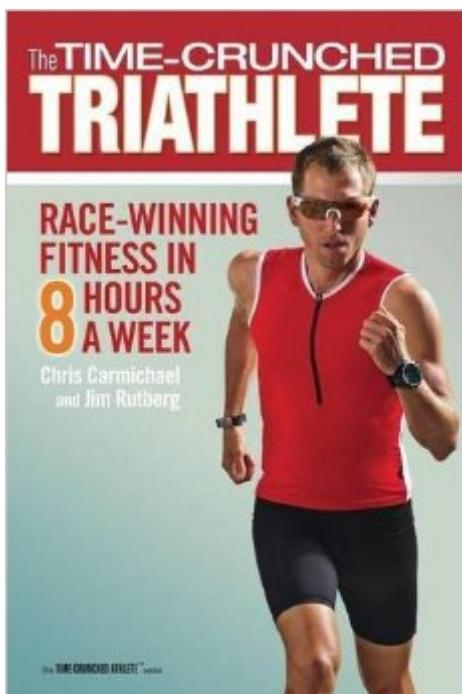


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# The Time-Crunched Triathlete: Race-Winning Fitness In 8 Hours A Week (The Time-Crunched Athlete)



## Synopsis

The Time-Crunched Triathlete reveals a fast-pacing training program that will bring you competitive fitness and speed in a fraction of the time of traditional triathlon training methods. In as few as 8 hours per week, you can develop the speed and endurance you need to race for the podium in sprint to 70.3 triathlon race distances. Drawing from methods developed at CTS for their busy triathlon coaching clients, The Time-Crunched Triathlete brings high-intensity interval training (HIIT), smart and proven field tests for monitoring progress, an integrated nutrition program, and strategic coaching guides to help you race to your strengths. This innovative training program will deliver fitness in three sports while fitting into your busy weekly schedule. The Time-Crunched Triathlete includes CTS workouts for swimming, cycling, running, and bricks; intermediate and advanced training plans for sprint (6 weeks) and Olympic (8 weeks) race distances; an 8-week 70.3 training plan, transition training programs to extend your fitness throughout your season; and a time-crunched strength training program. Most triathletes would enjoy training more if they could, but when more training time isn't an option, The Time-Crunched Triathlete brings effective tools to make sure you can keep racing using the time you have.

## Book Information

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## Customer Reviews

I've just started competing triathlons, with decent results for a guy my age with young child and a full-time job. I'm not trying to be a pro or anything, just trying to have some fun, stay in shape, and compete every once in a while. I've read a few of Chris Carmichael's other books, and like those,

The Time-Crunched Triathlete is clear and concise. It moves along quickly and if you want to skip around it's organized well so you can find the information you want quickly. Since the book just came out (I actually ordered my copy from Chris's website because they got their shipment before and my local bookstore), it's too early for me to say if the training programs themselves work, but as a book on triathlon training it's a great read and really informative. I liked the fact that Chris kept returning to pragmatic solutions and advice where other books go on and on about theory or assume we can all put training as the top priority in our lives. Chris gets it. He understands athletes like me. I'm motivated, I'm ready to do the work, but my family and my job come first. And this is the first triathlon book I've read that really addresses the challenges that I - and all my triathlete friends - deal with every day.

I've read this book through several times, and am just starting on the Olympic training program. It's very good and very in-depth, without overloading you with a lot of unnecessary details. I'm a big believer in internal training above lactate threshold, and I like the idea that you can become a competitive age-group triathlete training 6-8 hours a week. This is the perfect book for me. I've also looked at Joel Friel's "Triathlete's Training Bible" and -- while that book no doubt goes into greater depth -- it felt too much like a textbook to me. I think the Time Crunched Triathlete is much more accessible.

Good, useful, smart, etc. All the things you would expect from Lance's coach. Except that the training plans themselves are sprinkled with mathematical mistakes that make following them confusing. Total minutes spent per discipline on a weekly basis don't always add up to the minutes assigned for all days of the week when added up (also, per discipline). So which do you follow? You attempt to reach the weekly total? You follow the daily volume and ignore the weekly total? You end up trying to guess what they meant to prescribe... But you really can't guess. This is supposed to be science. The book is all about being as scientific and specific as possible. The errors are not small, they are significant. It's a shame. And I tried contacting the publisher to get a solution (corrected training plans) and they have not replied yet.

I'd done a fair bit of long-course racing, but this book helped me focus on really racing the "shorter" Olympic distance. I used the advanced Olympic plan for back-to-back cycles this season, with the results being a personal best by seven minutes (2:12) at a regional qualifying race in June, and then a second PR by seven additional minutes (2:05) at nationals in Burlington in August. I was tenth in

my age group and qualified for Worlds. The workouts were tough and uncomfortable at times, but the work done gave me the speed to race well. And, now that I have three kids, getting to that level on sevenish hours per week was wonderful.

Good book overall. I haven't used any of the plans (didn't even read through them, really), but the main points of the book served to confirm my belief that 6-8 hrs a week could be sufficient for olympic and half-irons, IF you focus on getting the best quality work-out out of this time and cut all the junk yards, miles, long group rides/runs at conversational pace, etc. So far I can't complain about the results.

The author is well qualified in the area of training for triathlons and the book is not just another training for triathlon book. This is a revolutionary approach to reducing the hours to train while improving outcomes. Throughly reccommended. Have a life and enjoy triathlons, a new concept!

I read this book cover to cover and got some really good information out of it. I was looking for a training program that would increase performance on race day, but not make me spend countless hours in the gym. This program does just that. It outlines everything very well, but know up front there are only two workouts for each event distance, an intermediate and an advanced. If you are a beginner this is not the book for you. The author is assuming you already have a pretty good training basis to work from and are just looking for a way to push yourself to the next level. The author doesn't spend any time on the basics and just moves through how to use the training program properly. There isn't a whole lot of fluff. Mostly straight to the point.

This book is intended for People who are trying to train for a tri on limited time. Goes over some excellent techniques as well as some solid training plans. Def recommended only for shorter distance tris.

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