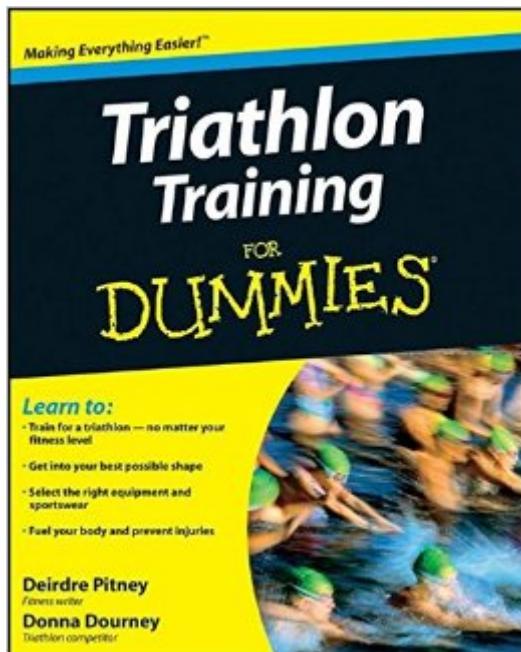


The book was found

Triathlon Training For Dummies



Synopsis

Shaping up for a triathlon is serious business. *Triathlon Training For Dummies* is packed with insider tips and proven methods for training for a triathlon and pumping yourself into the best possible shape by race day. It helps you find the motivation you need to stick to your program, eat better to maximize your energy, and prevent injuries both before and during the race. This authoritative guide helps you evaluate your cardiovascular fitness, muscle strength, endurance, and flexibility, and to set manageable realistic training goals. You'll learn how to establish a workout schedule, choose a target finish time, get the right, affordable equipment you'll need for each leg of the race, and maximize your fitness and form for swimming, biking, and running. You'll also get plenty of help in putting it all together as you focus your training, add dual workouts, become a quick-change artist, and save time during transitions. Discover how to: Choose an event to train for based on your fitness level Get into your best possible shape Select the right equipment and sportswear Train for an Olympic, Sprint, or Ironman triathlon Fuel your body and prevent injuries Prepare for training sessions Maintain energy and recover quickly Set training schedules for every triathlon event Treat common training and racing injuries Live like an athlete *Triathlon Training For Dummies* comes complete with resources for finding triathlons near you, lists of items to bring along on race day, and tips on registration formalities and racing etiquette.

Book Information

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Customer Reviews

I found this book to be pretty helpful in explaining the basics of a Triathlon to the uninitiated. I didn't understand how the transitions worked and never heard of tri suits until I read this book. It's written

in that positive easy to read Dummies style. If you're thinking of doing your first Tri, I highly recommend it.

This book offers good advice for someone who has little knowledge about triathlons. The beginning even offers encouragement for choosing to train for one. My husband felt the book was geared more toward women athletes, but he still read it. Overall, a good starting point.

The book is written in an easy to read format. I have competed in several triathlons from Sprint to Half-Ironman. This year I'm doing my first Ironman so I decided to get as much info as possible. Triathlon for Dummies would try to touch every aspect of the Sport, but lacks a bit in a few aspects. In the Swim lots of training tips, but lacks a bit in the race like drafting someone in the swim which can serve you of two things he can be the eyes for you and he can save you energy. In the bike some things like the tube seat angle which can be replace for another tube to make it energy effecient like it Triathlon bikes. How can a few extras heart beats can affect the running part. But in overall the book is a great book. The reason why is because I have another book of Thriation Training and what the other lacks this one has. For someone who doesn't have a coach and have an idea about the sport this book would defenelly would get your feet wet.

This book was an excellent preparation for my first triathlon. It gave me all the information needed on the various gear and training required. I owe a large part of my success in my first tri to this book and I highly recommend it! If you are wondering about this fun and challenging sport, get this book and give it a try!

I've never done a TRI, so I have very little expertise in the field but the book has certainly answered some of my burning questions, and also provided great work out options. My first even its in two weeks, so we'll see how accurate it is! That said, the book is an easy read and very encouraging. Regardless of my results in the pending event, I feel much better going into it.

I used this to train for a Sprint triathlon a few years ago. It is so dead-on for all that's needed. They had a lot of helpful hints for what to bring, what to wear and how to set-up for the race.

For a person that has never even thought about a Triathalon, this was a great find. It was easy to ready, quickly provided all the important information.

I like the book - but the kindle version was awful. I usually read my kindle with a black background and white text, but it seems a lot of the text was imported as an image - white background with light text. It was very hard to read that way.

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