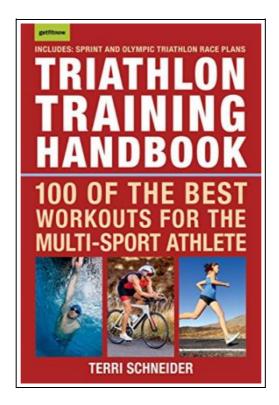
Triathlon Training Handbook (Paperback)



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Reviews

A really great publication with lucid and perfect reasons. I have read through and i am confident that i am going to gonna read yet again yet again down the road. It is extremely difficult to leave it before concluding, once you begin to read the book. (Cade Nolan)

TRIATHLON TRAINING HANDBOOK (PAPERBACK)



Hatherleigh Press, U.S., United States, 2018. Paperback. Condition: New. Language: English. Brand New Book. The comprehensive guide to achieving your triathlon goals through a three-stage fitness training program. Combining running, swimming and biking-specific exercises with complementary endurance and strength training, The Triathlon Training Handbook approach emphasizes targeted fitness milestones alongside proper recovery. These workouts provide easy-to-follow programs divided weekly and by level (beginner, intermediate, advanced).

- PROVEN TECHNIQUES FOR STRENGTH AND ENDURANCE. Combining proven strength and endurance training routines with specific skill programs, The Triathlon Training Handbook lets you push your body to reach its full potential--getting the results you want while avoiding stress-based injury and unwanted setbacks. - EASY-TO-FOLLOW WORKOUT PLANS. With workouts perfect for anyone from beginners to experts, The Triathlon Training Handbook allows people to jump right in at their personal fitness level, making the workouts quick and easy to include in your existing routines. - ONLINE SUPPORT THROUGH GETFITNOW PLATFORM. Comprehensive online support via social media, community forums, and website featuring additional content such as exclusive exercise videos, nutritional tips, live updates from authors, and more. - EXPERT PRESENTATION GUARANTEES RESULTS. The Triathlon Training Handbook takes all of support and expert guidance of a dedicated personal trainer--and puts it right in your hands. Training tips and expert notes are included, as well as a training journal where you can log your progress.

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