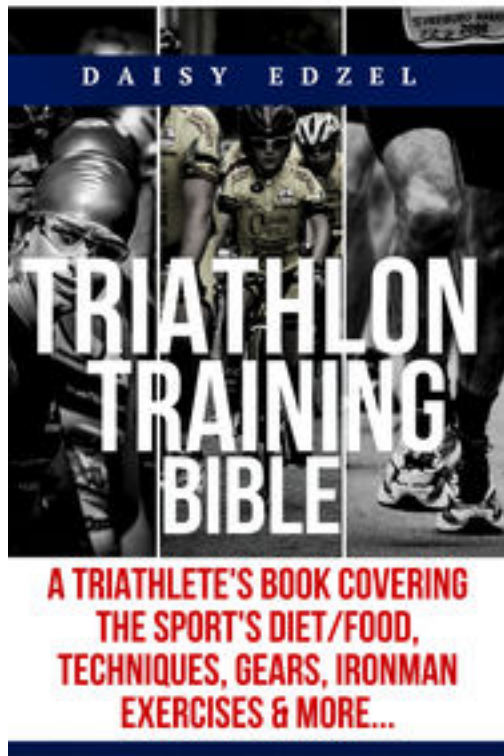


Triathlon Training Bible - Daisy K. Edzel & Daisy Edzel Ler Ebook



Triathlon Training Bible Daisy K. Edzel & Daisy Edzel ler ebook, SLOW AND BARELY ABLE TO FINISH A RACE?

RIGHT AND WRONG TRIATHLON HABITS --- AND LITTLE POINTERS THAT WILL INCREASE YOUR SPEED AND ENDURANCE

Are you a beginner, or someone in intermediate level who's going to compete in a major triathlon event soon? Full or Half Iron Man perhaps? Or maybe you're someone who needs to level up his game and improve his knowledge and capabilities in the sport? Increase endurance and speed perhaps?

Whatever you're goal may be, this is the one book you'll ever need! This is written by an actual, Triathlon competitor with years of experience in the discipline. You'll not only learn more, but you'll learn how to better your performance by learning techniques including exercise regimens and drills to up your performance in no time.

This book will cover:

intro to triathlon
a bit of history

swim, bike, run
one of the few
where to start - types of races, what you need to know and where to begin
choose your distance
set your goal
manage your expectations
know your gears
for the swim
for the bike
for the run
jargon buster - helping you understand the terms of the sport!
triathlon training rules and techniques
training rules to live by
maximize your training
swimming technique and etiquette
competition swimming versus triathlon swimming
improving your technique
skills to develop
training for endurance
training for speed
essential swim drills to master
preparing your muscles for the swim leg
open water swim

finish the swim leg strong
running technique and how to prevent injury and run faster
training for the run leg
common running mistakes
focusing on the correct form
important running drills to practice
improving your off-bike run performance
cycling in a pack what to do and what not to do
organizing a group ride
training rides and club rides
group cycling etiquette
transition - how to lay it out, what to bring and how to be effective
your checklist
setting up
the don'ts
rehearse
understanding triathlon nutrition and why it is key?
how your body uses fuel in triathlon
key nutrition considerations
training nutrition
suggested nutrition strategy
racing nutrition
race day - what to look out for, how to prepare and what to expect?
attend the race briefing
review the rules
review your checklist or to-do list
before the race
race day
commit to finish
keep going
it's you versus you
trust your training and have fun
and much, much more...

GRAB YOUR COPY NOW!

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