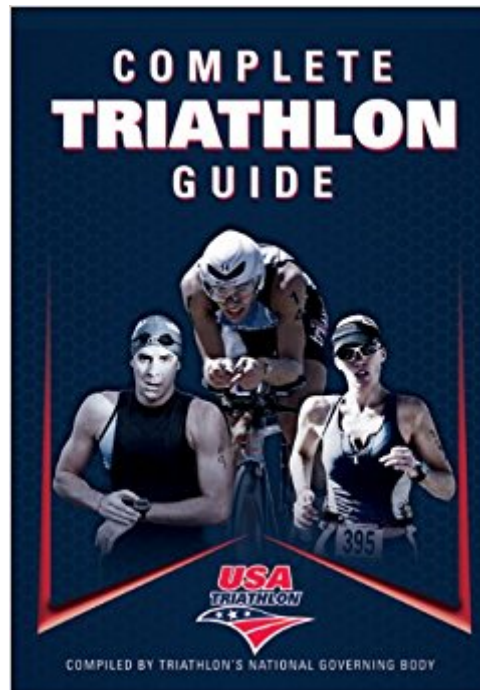




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Complete Triathlon Guide



Synopsis

Triathletes, rejoice! For the first time, USA Triathlon, its elite athletes, and the nation's most respected coaches share their secrets, strategies, and advice for every stage, every event, and every aspect of the world's most demanding sport. From training to technique, fueling to recovery, if it's essential to the sport, it is covered in Complete Triathlon Guide. In this guide, you'll find invaluable bike-handling techniques straight from the pros, learn how to assess running form and improve running cadence and stride, troubleshoot your freestyle swim stroke, and shave seconds off starts and transitions. And you'll go inside the sport for expert instruction and personal insights from triathlon's biggest names: Joe Friel Gordon Byrn Bob Seebohar Sage Rountree Ian Murray Sara McLarty Linda Cleveland George Dallam Steve Tarpinian Krista Austin Iñigo Mujika Alicia Kendig Barb Lindquist Christine Palmquist Graham Wilson Jackie Dowdeswell Jess Manning Joe Umphenour Karl Riecken Katie Baker Kristen Dieffenbach Kurt Perham Mathew Wilson Michael Kellmann Mike Ricci Scott Schnitzspahn Sergio Borges Sharone Aharon Suzanne M. Atkinson Timothy Carlson Yann Le Meur With Complete Triathlon Guide you'll enhance your training regimen with the most effective workouts, including stage-specific programs for swimming, cycling, and running; programs for strength, flexibility, and endurance; tactics that address individual weaknesses; and advice on tapering to ensure you're in peak physical condition on race day. From the latest on equipment and technology to preventing injuries and dehydration, this guide has you covered. Whether you're gearing up for your first race or you're a hard-core competitor looking to stay ahead of the pack, Complete Triathlon Guide is the one book you should not be without.

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Customer Reviews

“Complete Triathlon Guide will appeal to beginners, experts, and everyone in between. If you want to get into the sport or improve your performance, this book is for you.” • Bobby McGee-- Olympic Endurance Coach “Athletes know that recovery can be as important as training. Complete Triathlon Guide covers both . . . and so much more. It is the must-have resource for every triathlete.”

Sarah Haskins-- 2010 Winner of Miami International, St. Anthony's, MN LifeTime Fitness, and Chicago Triathlons, 2008 Olympic Team Member (11th Place), 2007 Pan American Games Silver Medalist, 2006 U.S. National Champion “The breadth of information in Complete Triathlon Guide is unmatched in any other work. If you're looking for a resource covering triathlon topics not found elsewhere, this book is for you.” • Gale Bernhardt-- 2004 USA Triathlon Men's and Women's Olympic Coach

Linda Cleveland MS, CSCS, is a USA Triathlon LII certified coach and the coach development manager at USA Triathlon. She has a BS degree in exercise fitness management with a minor in health promotion from the University of Wisconsin and an MS in exercise and wellness from Arizona State University. She has been an adjunct faculty member at Arizona State University; worked in corporate wellness at Motorola in Phoenix; and coached triathletes, cyclists, and runners since 2004. Linda has been with USA Triathlon since 2005. As the coach development manager, she is responsible for overseeing a variety of programs in the education department, including coaching certification clinics and curriculum, mentorship opportunities in elite coaching, performance coaching newsletters, USAT University, webinars, and youth clinics. Since joining USAT, she has made the coaching education program one of the most highly regarded in any national governing body. Linda offers high-performance coaches the opportunity to learn what it takes to work with world-class athletes. She has also served as a head coach at several ITU races, including continental cups, world cups, and world championship series races. Linda keeps her skills fresh by coaching age-group triathletes and training for triathlons herself. Linda resides in the mountains of Colorado with her husband, son, and two big dogs. She enjoys hiking, camping, mountain biking, skiing, snowshoeing, fishing, and spending time in the great outdoors. About USA Triathlon USA Triathlon is the national governing body for multisport in the United States. The organization serves as the sanctioning authority for more than 3,500 diverse events ranging from grassroots to national championship races across the country. The organization works to create interest and participation

in a variety of programs, including camps, clinics, races, and educational opportunities. USA Triathlon's 140,000-plus members are athletes of all ages, coaches, officials, parents, and fans who strengthen multisport. On the elite level, USA Triathlon is responsible for the selection and training of teams to represent the United States in international competition, including International Triathlon Union (ITU) World Championships, Pan Am Games, and Summer Olympic Games. It conducts national camps and clinics and provides coaching education programs. On the developmental level, USA Triathlon fosters grassroots expansion of the sport, which is facilitated by the sanctioning of age-group events and triathlon clubs. National and regional championships are held for triathletes from ages 7 to 80-plus. The USA Triathlon mission is to encourage, support, and enhance the multisport experience in the United States while promoting fitness and health through exercise, the spirit of competitiveness, and the pursuit of excellence.

Having some solid experience with competitive sport, I was looking for a more comprehensive guide to the sport of triathlon than just a basic introduction. This book is really a "complete guide" and covers pretty much every important aspect of the sport from physiology, through actual training approaches and tips, planning your race day and traveling, all the way to wider topics as fitting triathlon into your lifestyle. Although it is focused on the US environment, almost all of the content is applicable quite universally. It is apparent from the text that the authors have a lot of experience in the sport and know the wider context of what they're writing about. The chapters are well balanced and don't forget to emphasize the paramount importance of reasonable long term development of performance and enjoyment of the sport in good health. Some of the text - I mean mostly the parts with more "scientific" detail (e.g. the chapter about nutrition) - could possibly be better structured and maybe use tables to present the information instead of just plain text. I sometimes felt a little overwhelmed with all the details. Also the ordering of chapters seemed a little random and not too logical at some places. However, both of these issues are relatively minor ones compared to the overall quality of the book. As some of the reviews here have suggested, the book is really detailed and, as such, probably not suitable for complete beginners who just want to understand the basics so that they are able to complete and enjoy their first triathlon. Also be aware that you won't find any specific training plans that you could just print out and follow. (As, of course, a meaningful training plan needs to be suited to the specifics of the individual, as the book itself makes clear.) For more serious athletes of any level or beginning coaches, the book will be a very valuable comprehensive and thorough guide to all of the important triathlon topics. I would appreciate slightly better structure at some points, therefore I only give four stars; however, do not let this turn you off, if you have a

deeper interest in the sport and want to acquire some "knowledge background" to help you get more of the hours of training that you have to put in anyway.

VERY in depth exploration. Sometimes the author difference made it not smooth to go from one chapter to the other. It is technical. I hate when people say not for beginner's as if we are merely children who couldn't figure anything out. It is complex and supposes a level of knowledge that many beginner's might not have - yes. That doesn't mean it isn't helpful. I've been reading it off/on and when I don't understand something or need more info I go get it or I decide this chapter is to be tackled at a later date. It does seem somewhat oriented to coaches and I think they would find it helpful. Overall a very complete compendium.

Fantastic book with an excellent, in-depth discussion of all three sports - swim, bike, run. The editors of each section are experts in their field. If you had to purchase just one book covering the sport of triathlon, then this is the one.

I've been into the sport for a year and in training for my first 70.3. I was looking for a guide that could help me leap from Olympic and Sprint distances covering, specially, how to eat, energize, and hydrate before and during the competition. Although I found it overwhelming in some points (more than I need), it covered all things I was looking for.

The book have great content for any level triathlete or coach, it really is a "Complete Guide". Just don't buy the kindle version. Get the paper copy. The book is not optimised for kindle and graphics are almost imposible to read (really low quality and pixelated).

I'm still reading the book, but so far it has helped me build my training and I have felt it works, beside it is supported by many aauthors which gives it more credibility. . . Really great book.

I've bought other triathlon books but I've found this to be the most comprehensive and useful book so far.

One of the best book i've read

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