



Complete Triathlon Guide

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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

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Christine Palmquist

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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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Mike Jones:

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Charles English:

A lot of people always spent all their free time to vacation as well as go to the outside with them loved ones or their friend. Do you realize? Many a lot of people spent they will free time just watching TV, or perhaps playing video games all day long. If you need to try to find a new activity honestly, that is look different you can read some sort of book. It is really fun for yourself. If you enjoy the book that you just read you can spent 24 hours a day to reading a reserve. The book Complete Triathlon Guide it is quite good to read. There are a lot of people that recommended this book. These folks were enjoying reading this book. When you did not have enough space to create this book you can buy typically the e-book. You can m0ore very easily to read this book from a smart phone. The price is not too costly but this book has high quality.

Sally Norman:

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Michael Quintanar:

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