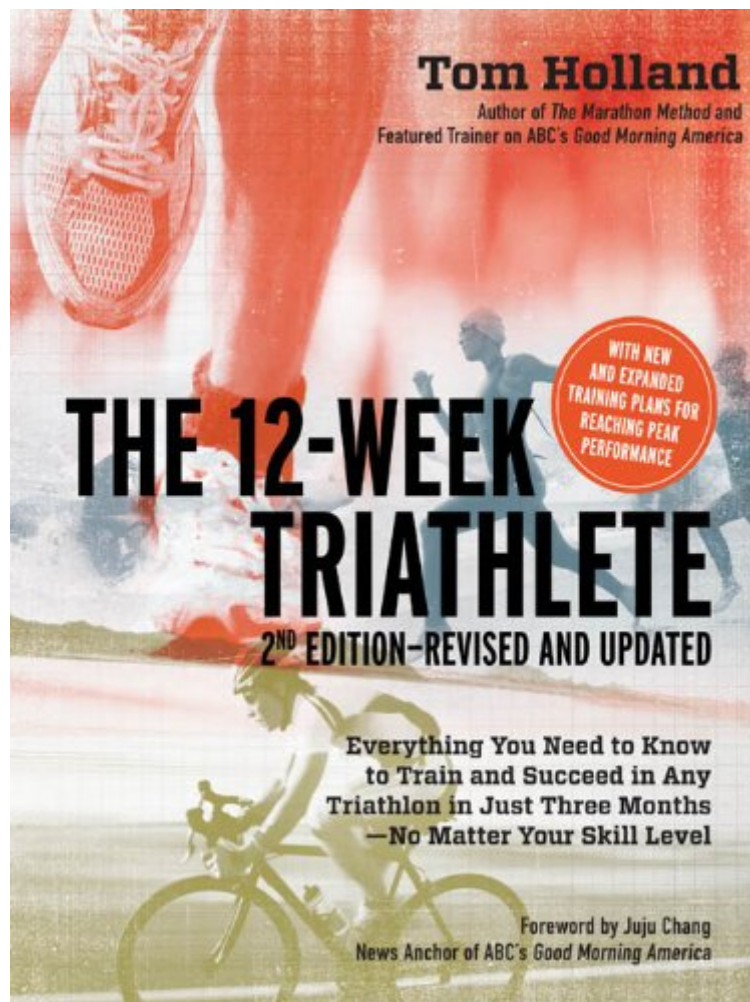


The book was found

12 Week Triathlete, 2nd Edition-Revised And Updated: Everything You Need To Know To Train And Succeed In Any Triathlon In Just Three Months - No Matter Your Skill Level





Synopsis

It takes only 12 weeks to train to compete in a triathlon—no matter what level you're at now! Imagine being able to successfully compete in a triathlon in just three short months! You can, with fitness expert Tom Holland's all-encompassing, easy-to-use training manual, *The 12-Week Triathlete*. This completely revised and updated edition gives fitness enthusiasts the most exciting, encouraging, and up-to-date exercise information, including 12 brand-new training plans that outline exactly what you need to do every day up until the big event for ultimate triathlon success. Whether you are a beginner or a seasoned triathlete, training for a Sprint, Olympic, Half-Ironman, or Ironman event, this book offers a complete, step-by-step program that will help you strengthen, tone-up, and both physically and mentally prepare for the big day. You will learn how to:

- Swim
- Start your race confidently, swim strongly surrounded by others, and transition easily from a wetsuit.
- Bike
- Choose the right bike, transport it safely to the race, and fuel yourself properly while you ride.
- Run
- Don't bonk, improve your speed, and see your race through to the end.
- Put It All Together
- Eat right through the 12 weeks, train for each segment of the race, gather your equipment and transport it safely to the race, plan for and avoid last-minute emergencies, and, most of all, have fun and continue to compete in the future.

In addition all this, you'll also find insider information on weight-training, endurance training, and speed work, as well as answers to questions like

- Can you eat during a race?
- How do you line up your bike so you can jump right on it?
- What is the best way to quickly shed your wetsuit?

The 12-Week Triathlete is your secret weapon to triathlon triumph—start training today!

Book Information

File Size: 11923 KB

Print Length: 272 pages

Publisher: Fair Winds Press; 2 Rev Upd edition (March 1, 2011)

Publication Date: March 1, 2011

Sold by: Digital Services LLC

Language: English

ASIN: B004XY8CXG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #449,171 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #77

inÂ Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Triathlon #141

inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Triathlons #192 inÂ Books > Sports & Outdoors > Individual Sports > Triathlon

Customer Reviews

Great book that helps you prepare for a triathlon! This is a BEGINNERS GUIDE perfect for people who have no, or very little experience with triathlons. It breaks down training and nutrition very well. It explains the importance of each training method or training type, as well as basic nutritional explanations. The best part is, it breaks down "dumb questions" anyone new to triathlons may have about training, nutrition and the race itself. He breaks down how the transition areas work, what you do, how best to prepare for the race the day before and on race day. His weight training section has pictures in it that show and explain well how to do the exercise properly. However, in this day and age, if you're in doubt, look it up on YouTube. There are great instructional videos, that break the movement down so that you know the do's and don't's. The training plans themselves are doable with a busy schedule (trust me, I would know!). They are easy to follow, make sense and enable you to perform well on race day. I like that he has included different levels of training (beginner, intermediate and advanced) though I doubt that any advanced people would read this book. If you read this book prior to starting a triathlon, fall in love with it, then the intermediate and advanced plans are great, but at that stage you should be able to know what works for you, and what doesn't so that you can create a well balanced training schedule that allows you to perform at your best. At that level of training, you'd be looking at pro advice and different training techniques to optimize your training. One complaint I have is that yoga is not incorporated into the schedule.

[Download to continue reading...](#)

12 Week Triathlete, 2nd Edition-Revised and Updated: Everything You Need to Know to Train and Succeed in Any Triathlon in Just Three Months - No Matter Your Skill Level The 12-Week Triathlete: Train for a Triathlon in Just Three Months Puppy Training : How to Housebreak Your Puppy in Just 7 Days: (Puppy Training, Dog Training, How to Train A Puppy, How To Potty Train A Puppy, How To Train A Dog, Crate Training) Everything You Need to Know About Caregiving for Parkinson's Disease (Everything You Need to Know About Parkinson's Disease) (Volume 2) Everything You Need...english To Know About English Homework (Everything You Need to Know about (Scholastic Paperback)) Week-by-Week Homework for Building Reading Comprehension & Fluency: Grade 1

(Week-by-Week Homework For Building Reading Comprehension and Fluency) Triathlon for the Every Woman: You Can Be a Triathlete. Yes. You. Triathlete Magazine's Essential Week-by-Week Training Guide: Plans, Scheduling Tips, and Workout Goals for Triathletes of All Levels Triathlon For Beginners: Everything you need to know about training, nutrition, kit, motivation, racing, and much more Fluent in 3 Months: How Anyone at Any Age Can Learn to Speak Any Language from Anywhere in the World The Triathlete's Training Bible: The World's Most Comprehensive Triathlon Training Guide, 4th Ed. 601 Words You Need to Know to Pass Your Exam (Barron's 601 Words You Need to Know to Pass Your Exam) Everything You Need to Know about the Dangers of Tattooing and Body Piercing (Need to Know Library) Matter, Dark Matter, and Anti-Matter: In Search of the Hidden Universe (Springer Praxis Books) What Your Doctor May Not Tell You About(TM) Hip and Knee Replacement Surgery: Everything You Need to Know to Make the Right Decisions (What Your Doctor May Not Tell You About...(Paperback)) Weddings for Grownups: Everything You Need to Know to Plan Your Wedding Your Way, Revised and Expanded IronFit Triathlon Training for Women: Training Programs and Secrets for Success in all Triathlon Distances IronFit Secrets for Half Iron-Distance Triathlon Success: Time-Efficient Training For Triathlon's Most Popular Distance 50 Maths Ideas You Really Need to Know (50 Ideas You Really Need to Know Series) Strong Women, Strong Bones: Everything You Need to Know to Prevent, Treat, and Beat Osteoporosis, Updated Edition

[Dmca](#)