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Strength Training For Triathletes: The Complete Program To Build Triathlon Power, Speed, And Muscular Endurance



Synopsis

Strength Training for Triathletes offers a comprehensive strength training program for triathlon that will help triathletes build power, speed, and muscular endurance for faster racing over any race distance. Certified USA Triathlon coach and NSCA Personal Trainer of the Year Patrick Hagerman, EdD, reveals a focused, triathlon-specific strength training program that will enable triathletes to push harder during training and on the racecourse when the effort is hardest. Triathletes who master this progressive strength training program will also become more resistant to injury, meaning fewer missed workouts. Strength Training for Triathletes features 75 of the most effective strength training exercises for triathlon swimming, cycling, and running plus core strength and general conditioning. Full-color photographs illustrate each simple exercise, and exercises are grouped so athletes can focus on their own individual performance limiters. Hagerman simplifies the science underlying strength training, offering easy-to-follow guidelines on resistance and reps that will make triathletes stronger through every phase of the season. Strength Training for Triathletes develops these abilities in triathletes: More powerful, longer-lasting muscles Resistance to fatigue and injury Improved body composition with stronger, leaner muscle mass Better performance without added bulk New in this second edition are sample strength training programs for the most popular triathlon race distances and for each of triathlon's three sports, full-color photographs showing detailed body positions for each exercise, several new exercises, new indexes that specify body-weight exercises and weighted exercises, an exercise log template to track your goal weights, and a new index to improve usability. Strength training often separates the top performers in triathlon from the middle of the pack. Even small improvements in muscle strength can add up to big race results. Strength Training for Triathletes makes it simple for triathletes of all levels to get stronger and race faster.

Book Information

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Customer Reviews

****review copy provided by publisher****Most of the time I read and review genre fiction type books (mainly in the romance genre) â “ but occasionally, Iâ™I review a book that is something completely different. Maybe it was because there was something about it that caught my eye, or because I used the book as part of my athletic training (as is the case with this book). So I like to mix it up a bit. Anyways, while I was browsing Edelweiss one day (and with some nudging from a reading friend â “ Naomi), I came across a review copy of Strength Training for Triathletes. Now, while not suffering through my evil day job, blogging or being a manic PhD student, Iâ™m a age group triathlete and completed my first Ironman in 2014 (yes, I am slightly insane). One of things, when I look back on my last year of training, was that I neglected not only my strength training, but also flexibility training, in favor of event specific (either swimming, riding or running) and it came back to bite me in the butt. Cardiowise, I may be stronger than I was previously, but I feel more inflexible and weak/muscle imbalance in places due to that focus. So when I picked up Strength Training, I was hoping for a book that could provide me some direction in creating a program that I could use and to an extent it did. While I was provided a review copy in Kindle format, I quickly realized that it was a book that was better read/reviewed in print due to the amount of tables of data that didnâ™t render well into an ebook format, and the exercise images in the later chapters. But it is a book that has been added to my permanent library and I see myself taking it with me to the gym, as needed, for a reference guide.

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