



The Triathlete's Training Guide: How to Train Systematically to Achieve Your Goals

Adam Hodges

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The Triathlete's Training Guide starts with a simple premise: to excel in your athletic goals you need to train with a purpose. Training with a purpose means knowing why you are doing a particular workout and how that workout fits into your overall progression toward your goals. This do-it-yourself guidebook provides you with a complete toolkit to help you train with your end goals in mind. The step-by-step approach outlines a simple method to build your fitness from the ground up and peak for your target races. It shows you how to create a training plan, measure and monitor your training intensity, and schedule your weekly training. As you implement your training, draw from the detailed workout library included in the book. With additional chapters dedicated to functional strength training, recovery and nutrition, and key concepts from exercise science, you have everything you need to know to successfully train for your multisport endeavors. Take the guesswork out of training and see how far you can go!

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