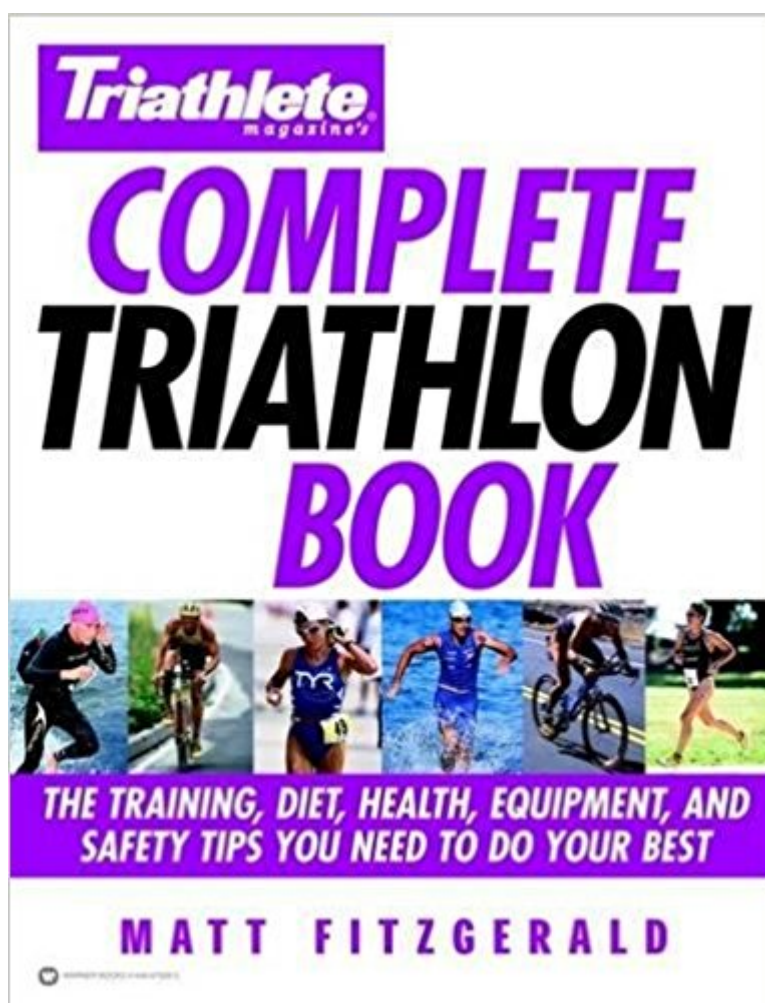


The book was found

Triathlete Magazine's Complete Triathlon Book: The Training, Diet, Health, Equipment, And Safety Tips You Need To Do Your Best



Synopsis

Training, diet, health, equipment, & safety tips - this book has the information needed to participate safely & competitively in triathlete sports.

Book Information

Paperback: 288 pages

Publisher: Grand Central Life & Style (March 1, 2003)

Language: English

ISBN-10: 0446679283

ISBN-13: 978-0446679282

Product Dimensions: 8.4 x 0.8 x 10.9 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 34 customer reviews

Best Sellers Rank: #406,413 in Books (See Top 100 in Books) #72 in Books > Health, Fitness & Dieting > Exercise & Fitness > Triathlons #101 in Books > Sports & Outdoors > Individual Sports > Triathlon #651 in Books > Sports & Outdoors > Coaching > Training & Conditioning

Customer Reviews

For those ambitious enough to voluntarily agree to swim, bike and run their way through a triathlon, Triathlete contributor Fitzgerald proposes this impressive, wide-ranging guide. Triathlon training is fairly standardized, says the author, with established principles and proven methods. Among the rules are "train for endurance" (even the shortest triathlons take at least an hour for the fastest athletes to compete), "train specifically" (compartmentalize to become efficient) and "rest and recover sufficiently" (after a body system's been overloaded, it needs to return to a state of balance). Fitzgerald follows these conventions with chapters on equipment, including hydrodynamic swimsuits and road bikes with clip-on aerobars; swim training, with in-depth explanations of freestyle techniques; maintaining a healthy lifestyle, describing various stretches and how to deal with injuries; and more. He even discusses mental training, reminding readers to keep a playful attitude. They'll need it, especially in the grueling final stretches. Copyright 2003 Reed Business Information, Inc.

Matt Fitzgerald is a widely published sports and fitness journalist.

I've run numerous races (including marathons) but I was new to the world of cycling and swimming.

This book had just what I needed to get started and get going. I found the swim section especially useful and learned a great deal about what my stroke should look and feel like. The simple lessons took 3 minutes off my 750m pace (in the pool). Some of the off beat advice (matching clothes) for example seemed a bit silly and directed to those jonesing. But in the end, this was a very useful book and got me through the Chicago Triathlon with out too much difficulty. Some of the lessons just have to be applied to be realized however (read here: Open water swimming!). If this book would have had some serious training schedules in it, I would have given it 5 stars. It does contain a weak training bit right in the middle of the text, but it isn't all that helpful or informative.

Great book. The author is an experienced writer and triathlete. He covers everything you need to know about triathlons and then some. Subjects include training methods, equipment, nutrition, swim training, bike training, run training, staying healthy, preparing for the race, what to expect on race day. The book contains many pictures and is easy to read and understand. Useful for both beginners and experienced triathletes. Often humorous. He includes personal experiences too. Highly recommended. You wont be dissappointed.

I fall into the category of lost a ton of weight wanting to push myself. I started a training schedule and want to push for a tri. This seemed like a book to give me all the basic knowledge I needed to know. It does that and then some. Its worth it for a read from cover to cover. If you are a beginner and want to get as much info as you cant to help you get started this is a solid read.

I found this book very good. I first got it from the Library and then decided it was a book I wanted on my shelf. It covers all the bases for learning about, training for and performing in Triathlons. It is very up to date and very practical in it's approach. I am a novice and this book has made me feel quite competent in how to approach, prepare for and perform in triathlons. It is chock full of information and I highly recommend it if you're at all serious about improving your performance.

I am train thriathletes. I like the fact that the book breaks down each part of training a triathlete. It covers nutritional information as well as strategies for the Triathalon itself. I would recommend this book to other coaches and triathletes. It is my go to book for a question I have.

One of the better books out there. Easy to navigate and has lots of information that is helpful to a newbie triathlete.

Lots of good information, but this is in no way "Complete".

I returned this book, as I had bought the Triathlete's Bible and it has the same information and is easier to follow.

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