



Triathlon Revolution: Training, Technique, and Inspiration (Mountaineers Outdoor Experts Series)

Terri Schneider

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Whether just getting interested in triathlons or a multi-sport veteran, readers of this new handbook will get tuned up and stoked to reach any performance goal! Author Terri Schneider explains how to train for a first triathlon, as well as how to formulate an ongoing experience or a longer-term race regimen. Basic techniques for building a foundation of success are accompanied by lessons in heart-rate levels and suggestions for how to integrate a training schedule into daily life. From the early stages of training and making decisions on what gear to buy through to race day and beyond, Schneider covers everything from nutritional information to endurance issues, mental strategies, stretching, setting up transition areas, off-season training, and more. This title includes a foreword by Iron Man Hall-of-Famer Scott Tinley. It is written with a fresh, non-technical yet authoritative approach. It provides the latest-and-greatest developments in the industry. The author is a widely-respected athlete and coach.

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