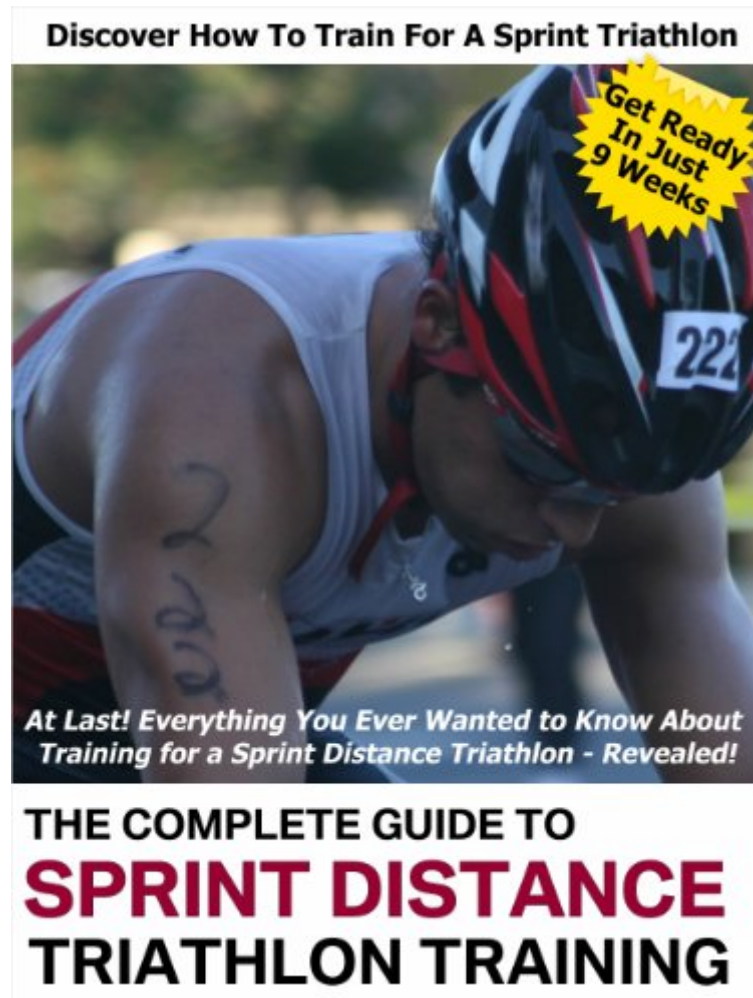




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# The Complete Guide To Sprint Distance Triathlon Training



## Synopsis

Did you just enter a sprint triathlon, but you have no idea how to train for it? Do you feel excitement at the thought of completing a sprint triathlon- or beating your times? Are you interested in learning the best, fastest, and easiest way to train for your race so that you maximize your potential, without spending a lot of money on coaching and equipment? If you answered "yes" to any of the questions above, then this may very well be the most exciting message you've read all day. Here's why: You're about to discover a proven system for sprint triathlon training. This system works whether you are already in shape or are a coach potato. Here's the thing: there are a lot of nuances in sprint triathlon training, and lots of things tend to get overlooked. Many new triathletes get a lot of things wrong in triathlon training. They overtrain, undertrain, get injured, and disregard some key parts of training, particularly in the swim. What you probably don't know is that "bonking", getting hurt, and wasting tons of precious energy in the swim can be totally prevented by setting up your training the right way from the very beginning! When you know how to train properly and with the right equipment, you can rest easy because your plan will get you to your goals- and allow you to enjoy the process! What most people don't realize is that sprint triathlon training CAN be extremely easy to do. Ron Saetermoe and Kevin Koskella have been coaching triathletes for over 13 years, and developed a foolproof formula for sprint triathlon training that maximizes your sprint triathlon racing potential, keeps you healthy & burning fat (even when you're not exercising), and virtually eliminates the chance that you will struggle in your race or get hurt. They have compiled all of their knowledge and expertise, and put it into this book: *The Complete Guide to Sprint Triathlon Training*. This guide is for you if: -You've completed a race in the past and struggled -You just decided to do a sprint triathlon, and need expert guidance -You're thinking about spending money on a training plan, or piecing together the info from several websites Here is just a taste of what you get in this guide: Here's just a taste of what you'll discover - A complete sprint training plan for a sprint distance triathlon, including beginner and advanced tracks - How to really "get" swimming with these 3 simple techniques - 3 little known, yet simple ways to improve recovery - 3 proven steps to improving your running endurance - 2 simple keys (that are right in front of your eyes) to bringing up your confidence on race day - WARNING: 3 things you should never do when it comes to setting up a sprint triathlon training schedule - You'll discover in just a few short minutes how to effectively breathe while swimming - 6 time tested and proven strategies for a faster overall sprint triathlon - When to rest - A pennies on the dollar approach to triathlon training and

racing gear – How often to stretch – How to navigate the start of a race – The once famous but forgotten secret that instantly allows you to retain energy – And so much more! Scroll up and click on "Buy Now" to deliver almost instantly to your Kindle or other reading device!

## **Book Information**

File Size: 2773 KB

Print Length: 137 pages

Publication Date: November 11, 2012

Sold by: Digital Services LLC

Language: English

ASIN: B00A6DDIDW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #437,879 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #80

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Triathlon #176

in Books > Sports & Outdoors > Individual Sports > Triathlon

## **Customer Reviews**

This is a must have book for anyone interested in doing a triathlon. There is so much great content in this book I read it all on the first day. I especially liked the "5 Step Process to Swim Improvement" which was very easy to understand with detailed pictures of how it all works. I know I could implement it on day 1 and see instant results. I really enjoyed the section on bikes which discusses all the different types of bikes and equipment necessary for the triathlon. I was a little stumped in this area before. Further, I already started putting together my own training plan with the help of all the guidelines in this book to follow. And at the tail end of the book there is must read information on pre-race do's and don'ts which I overlooked many of them prior to this book. In summary, this book is a great resource to any beginner or seasoned athlete aspiring to successfully complete a triathlon.

Having read several guides for triathletes, I believe this one really stands out as just right for first-timers primarily because it doesn't give in to the temptation many instructional writers indulge in providing too much information for a novice to digest meaningfully. It breaks the start-up process down to simple steps anyone can follow and doesn't assume extensive prior knowledge. Just as important, it keeps the whole process manageable and doesn't heighten the already advanced anxieties first-timers have about their first race. I would recommend that anyone entertaining the notion of running their first tri read this before venturing into more advanced and detailed guides (yet quite worthy in their own ways).

The content in here is nothing new, and actually seems like it's been paraphrased from the "Idiot's Guide to TRIs". Some of the information seems either cut-off in mid thought, or references stuff that hasn't actually been addressed yet and doesn't come up until several chapters later (ie-"Bricks").It's a low price book, with low impact writing. There are better books that cost a little more.

As an absolute beginner to the sport of triathlon, this book felt like a perfect guide to make sense of a lot of information I had already gathered from the internet. Even as I advance in training for my first event in July, I keep coming back to the book and things keep falling into the right place. Not much science in it. 80% practical advice, 20% encouragement !!

This book is full of useful information for the beginner. Easy to read straight forward material presented in a logical format.

A bit too brief to be called the complete guide. OK check lists though.

Great training tool.

Great tips!

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