



Championship Triathlon Training

By George M. Dallam, Steven Jonas

Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, Championship Triathlon Training, George M. Dallam, Steven Jonas, In this new book, renowned experts provide the reader with the same advanced conditioning concepts and programming used by today's elite triathletes. By understanding the science behind the principles, the reader will incorporate physiology, biomechanics, nutrition and injury prevention into a regime to address specific needs and the demands of competition. Specifically, readers will learn techniques such as using weight training, plyometrics and core development to accelerate skill development in all phases of swimming, running and cycling. Readers will also be able to apply metabolic training to improve endurance and race speed and combine sport-specific skills, such as mounting and dismounting, with metabolic training to improve transition times between phases. Information on how to develop more efficient movement patterns for increased performance potential and reduced injury is also included. The book comes complete with sample programmes for each triathlon distance, technique analysis, training and race-specific fuelling strategies and tips for motivation, focus and goal setting. This book will optimise training and maximise results.



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