



The Complete Book of Triathlon Training, 3rd Ed

By Mark Kleanthous

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The Complete Book of Triathlon Training, 3rd Ed By Mark Kleanthous

The Complete Book of Triathlon Training is for any athlete who wants to improve in, or convert to the fascinating sport of triathlon. Learn how to develop a training program and how to approach a competition. The book is an encyclopedic reference that covers all aspects of triathlon training.

The triathlete and aspiring triathlete will have one reference with everything they need to know about triathlon, whether an endurance sport novice or an accomplished athlete in another sport. It tells you how to get started, what equipment to buy, the diet you will need, how to devise a training routine and how to arrange your busy life in order to accommodate it, and then explains how to finish a race, as well as how to recover from it. The Complete Book of Triathlon Training will tell you how to be the best that you can be in triathlon; not necessarily by training harder, but by training smarter.

Every aspect of your life has the potential to affect your mental and physical performance, and you need to take this into account when devising your training in order to avoid both over-training and under-training. Mark's system for monitoring training-stress levels which he has been successfully using for many years is unique to him but is revealed in this book. Use it and you can achieve your optimum performance.

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The Complete Book of Triathlon Training, 3rd Ed By Mark Kleanthous Bibliography

- Sales Rank: #2706236 in eBooks
- Published on: 2016-04-01
- Released on: 2016-04-01
- Format: Kindle eBook

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Editorial Review

About the Author

Mark Kleanthous finished last in his first competitive experience at a school cross-country race. Over the past 30 years Mark has crossed the finish line in over 1,000 endurance races worldwide. His strength has always been in multi-sport events, where his wins have been numerous. He has completed a massive total of 400 triathlons, including 32 Ironman® distance events. He once won one triathlon in the morning and then came second in another in the afternoon. He started coaching in 1998 and has helped triathletes at every level from first-timers to age-group competitors to elite athletes.

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