



# Triathlon 2.0: Data-Driven Performance Training

*By Jim Vance*

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## Triathlon 2.0: Data-Driven Performance Training By Jim Vance

Achieve your best finish ever when you train by the numbers with former elite triathlete Jim Vance. Triathlon 2.0 shows you how to interpret data from power meters, GPS systems, heart rate monitors, and swim workouts to achieve new goals and optimize performance.

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## **Triathlon 2.0: Data-Driven Performance Training** By Jim Vance Bibliography

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*“Jim Vance is the best not only at creating a training program but in explaining the program in a way that anyone can understand.”*

**Bob Babbitt--** Ironman Triathlon Hall of Fame Inductee, USA Triathlon Hall of Fame Inductee, Cofounder, Competitor Magazine, Host, Babbittville Radio and The Endurance Sports Network

*“Knowing how to use the latest technology to improve training also means faster racing. Put them together and you have a winning combination. Jim Vance is among the smartest coaches in the United States. I highly recommend this book.”*

**Joe Friel--** Cofounder, TrainingPeaks

*“While many people know how to collect data, Jim is an expert in understanding it and teaching others how to make decisions with it.”*

**Adam Zucco--** Training Bible Coaching

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