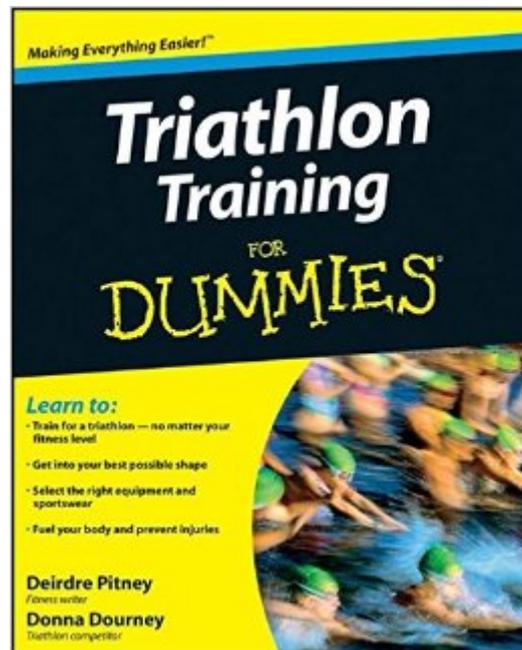


The book was found

# Triathlon Training For Dummies



## Synopsis

Shaping up for a triathlon is serious business. Triathlon Training For Dummies is packed with insider tips and proven methods for training for a triathlon and pumping yourself into the best possible shape by race day. It helps you find the motivation you need to stick to your program, eat better to maximize your energy, and prevent injuries both before and during the race. This authoritative guide helps you evaluate your cardiovascular fitness, muscle strength, endurance, and flexibility, and to set manageable realistic training goals. You'll learn how to establish a workout schedule, choose a target finish time get the right, affordable equipment you'll need for each leg of the race, and maximize your fitness and form for swimming, biking, and running. You'll also get plenty of help in putting it all together as you focus your training, add dual workouts, become a quick-change artist, and save time during transitions. Discover how to: Choose an event to train for based on your fitness level Get into your best possible shape Select the right equipment and sportswear Train for an Olympic, Sprint, or Ironman triathlon Fuel your body and prevent injuries Prepare for training sessions Maintain energy and recover quickly Set training schedules for every triathlon event Treat common training and racing injuries Live like an athlete Triathlon Training For Dummies comes complete with resources for finding triathlons near you, lists of items to bring along on race day, and tips on registration formalities and racing etiquette.

## Book Information

Paperback: 364 pages

Publisher: For Dummies; 1 edition (December 10, 2008)

Language: English

ISBN-10: 0470383879

ISBN-13: 978-0470383872

Product Dimensions: 7.4 x 0.8 x 9.3 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars See all reviews (20 customer reviews)

Best Sellers Rank: #98,866 in Books (See Top 100 in Books) #32 in Books > Sports & Outdoors > Miscellaneous > Olympic Games #36 in Books > Health, Fitness & Dieting > Exercise & Fitness > Triathlons #48 in Books > Sports & Outdoors > Individual Sports > Triathlon

## Customer Reviews

I found this book to be pretty helpful in explaining the basics of a Triathlon to the uninitiated. I didn't understand how the transitions worked and never heard of tri suits until I read this book. It's written

in that positive easy to read Dummies style. If you're thinking of doing your first Tri, I highly recommend it.

This book offers good advice for someone who has little knowledge about triathlons. The beginning even offers encouragement for choosing to train for one. My husband felt the book was geared more toward women athletes, but he still read it. Overall, a good starting point.

The book is written in an easy to read format. I have competed in several triathlons from Sprint to Half-Ironman. This year I'm doing my first Ironman so I decided to get as much info as possible. Triathlon for Dummies would try to touch every aspect of the Sport, but lacks a bit in a few aspects. In the Swim lots of training tips, but lacks a bit in the race like drafting someone in the swim which can serve you of two things he can be the eyes for you and he can save you energy. In the bike some things like the tube seat angle which can be replace for another tube to make it energy effecient like it Triathlon bikes. How can a few extras heart beats can affect the running part. But in overall the book is a great book. The reason why is because I have another book of Thriatlon Training and what the other lacks this one has. For someone who doesn't have a coach and have an idea about the sport this book would defenelly would get your feet wet.

This book was an excellent preparation for my first triathlon. It gave me all the information needed on the various gear and training required. I owe a large part of my success in my first tri to this book and I highly recommend it! If you are wondering about this fun and challenging sport, get this book and give it a try!

I've never done a TRI, so I have very little expertise in the field but the book has certainly answered some of my burning questions, and also provided great work out options. My first even its in two weeks, so we'll see how accurate it is! That said, the book is an easy read and very encouraging. Regardless of my results in the pending event, I feel much better going into it.

I used this to train for a Sprint triathlon a few years ago. It is so dead-on for all that's needed. They had a lot of helpful hints for what to bring, what to waer and how to set-up for the race.

For a person that has never even thought about a Triathalon, this was a great find. It was easy to ready, quickly provided all the important information.

I like the book - but the kindle version was awful. I usually read my kindle with a black background and white text, but it seems a lot of the text was imported as an image - white background with light text. It was very hard to read that way.

[Download to continue reading...](#)

IronFit Triathlon Training for Women: Training Programs and Secrets for Success in all Triathlon Distances  
Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3)  
IronFit Secrets for Half Iron-Distance Triathlon Success: Time-Efficient Training For Triathlon's Most Popular Distance  
Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books)  
Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More  
Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks)  
Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting)  
Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy)  
Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks)  
Going Long: Training for Triathlon's Ultimate Challenge (Ultrafit Multisport Training Series)  
The Triathlete's Training Bible: The World's Most Comprehensive Triathlon Training Guide, 4th Ed.  
Triathlon Training For Dummies  
PUPPY TRAINING: DOG TRAINING: Crash Course in Training Your Dog in Days, Housebreak and Obedience  
Puppy Training Guide Book  
Puppy Training: How to Housebreak Your Puppy In Just 7 Days (puppy training, dog training, puppy house breaking, puppy housetraining, house training a puppy,)  
Brain Games for Dogs: Training, Tricks and Activities for your Dog's Physical and Mental wellness( Dog training, Puppy training, Pet training books, Puppy ... games for dogs, How to train a dog Book 1)  
Potty Training In 3 Days: Quick And Easy Guide To Potty Training Your Toddler In As Short As 3 Days (potty training, toddlers, toddler, toilet training)  
Puppy Training : How to Housebreak Your Puppy in Just 7 Days: (Puppy Training, Dog Training, How to Train A Puppy, How To Potty Train A Puppy, How To Train A Dog, Crate Training)  
Strength Training for Triathletes: The

Complete Program to Build Triathlon Power, Speed, and Muscular Endurance Triathlon 2.0:  
Data-Driven Performance Training Triathlon For Beginners: Everything you need to know about  
training, nutrition, kit, motivation, racing, and much more

[Dmca](#)