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Championship Triathlon Training



Synopsis

Dedication, passion, obsessionâ for serious endurance athletes, coaches, duathletes, and triathletes, the quest for improvement never ends. Knowing they can shave time from the previous performance, they seek out the latest in research and training techniques. In *Championship Triathlon Training*, renowned experts George Dallam and Steven Jonas provide you with the same advanced conditioning concepts and programming used by today's elite triathletes. By understanding the science behind the principles, you will incorporate physiology, biomechanics, nutrition, and injury prevention into your regimen to address your specific needs and the demands of competition. Specifically, you'll learn these techniques:-Use weight training, plyometrics, and core development to accelerate skill development in all phases of swimming, running, and cycling.-Apply metabolic training to improve endurance and race speed.-Combine sport-specific skills, such as mounting and dismounting, with metabolic training to improve transition times between phases.-Develop more efficient movement patterns for increased performance potential and reduced injury.-Assess health and physical status to avoid overtraining.Complete with sample programs for each triathlon distance, technique analysis, training- and race-specific fueling strategies, and tips for motivation, focus, and goal setting, *Championship Triathlon Training* will optimize your training and maximize your results.v

Book Information

Paperback: 320 pages

Publisher: Human Kinetics; 1 edition (May 20, 2008)

Language: English

ISBN-10: 0736069194

ISBN-13: 978-0736069199

Product Dimensions: 7.1 x 0.8 x 10 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ Â See all reviewsÂ (5 customer reviews)

Best Sellers Rank: #1,266,668 in Books (See Top 100 in Books) #204 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Triathlons #299 inÂ Books > Sports & Outdoors > Individual Sports > Triathlon #1544 inÂ Books > Sports & Outdoors > Coaching > Training & Conditioning

Customer Reviews

"Championship Triathlon Training" is an excellent book. It is very thorough, covering all the essential aspects of training and racing for high-level triathlon. It also contains some real nuggets on

technique and training. The information on barefoot running and nasal breathing are particularly interesting and thought provoking. Recent physiological research is combined with lessons learned from working with elite athletes to provide extremely practical advice. The discussion of how to schedule intense workouts to provide adequate recovery is extremely valuable especially in conjunction with the discussion of combination training. Perhaps the most valuable component is on using performance testing to establish target workloads. I've competed in triathlon for 25 years and coached for the last several years. My copy of "Championship Triathlon Training" is already well thumbed and occupies a prominent spot on my reference shelf.

This presentation of information is very simple and understandable. I don't know if it is easier to understand because I've read several other triathlon books or because this one is superior. I've been doing triathlons 4 years, completing two iron distance triathlons, but I would still consider myself a beginner as I've always been self-coached and never achieved the results I've been looking for. I plan to follow the training schedule from this book from sprint straight through to ironman training programs, to prepare to compete in Silverman in November. I find the nose-breathing technique interesting and may try it. Also, the running technique of focusing the stride on the ball of the foot is interesting. I don't think there is anything new under the sun as far as training for triathlons and some of the recommendations I will not follow to a "T", but it is an excellent addition to the training arsenal. I haven't been effective at following previous training programs because I invariably trained for times above my skill level. With this added maturity, this book looks like a perfect fit to be more successful during races. I won't know until after November.

Excellent book. It was very helpful in preparing me for my first triathlon. Turns out I ended up competing against the author, George Dallam, in my age group. He beat me of course.

I think this is a Great book for triathletes at any level. The authors know their stuff. Definitely worth the purchase.

I don't agree with a lot of reviews I have seen about this book. I found the training concepts to be at a beginners level and the training plans to be inadequate for successful elite performance. Maybe a good book for a beginner, but not for an athlete looking to excell

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