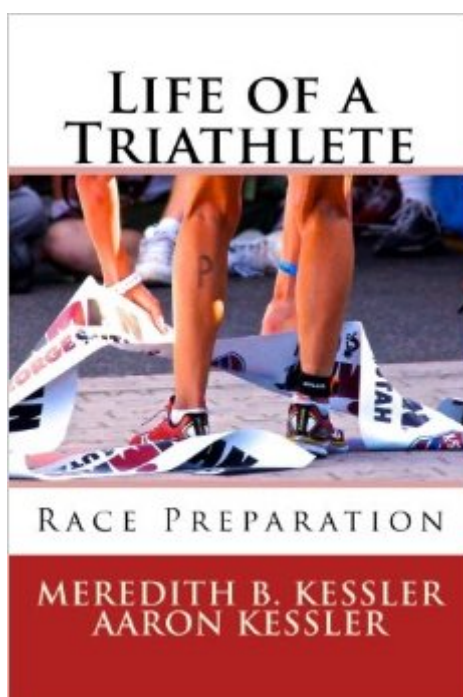


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# Life Of A Triathlete: Race Preparation



## Synopsis

**Life of a Triathlete: Race Preparation** A guide for amateur and pro athletes In May of 2011, after thirty-nine straight Ironman finishes, Meredith Kessler passed out on the twenty-second mile of the marathon at Ironman St. George. At the time, she was all alone in second place. Even as a veteran of the sport, she still made a mistake that cost her \$25,000 in podium and sponsorship funding and a \$3,000 emergency room hospital bill. *Life of a Triathlete* is a guidebook to help elite and amateur competitors reach their goals by reducing the trial and error that plagues the sport. Triathlon books have traditionally focused on some combination of training methods, gear, and inspirational coaching. While these subjects, understandably, cannot be ignored when participating in the sport, there are ample additional avenues to consider in the effort to help you reach your objectives. Kessler approaches the book through a practical, business point of view, where the things done in preparation for a race will enable an athlete's peak performance. In the first two books of her *Life of a Triathlete* series, she covers topics ranging from the off-season, nutrition, hydration, and supplements to race-week tips, marketing, social media, expenses, taxes, and general organization. *Life of a Triathlete* examines how a perennial above-average amateur learned, through much trial and error, how to elevate herself and navigate the pro ranks. This manual does not discriminate based on level of competitiveness and the tips and techniques can be used across all sports. Meredith Kessler enjoys sharing her learned knowledge with the triathlon world and beyond so that athletes everywhere can reduce the time it takes to achieve their dreams. **Authored By: Meredith B. Kessler** 10x Ironman Champion, 20x 70.3 Champion & 50+ Full Ironman Races Completed & Aaron Kessler entrepreneur **Foreword by: Chris Wright** - competing amateur triathlete & businessman

## Book Information

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## Customer Reviews

I can hear Meredith's voice so clearly as I read her words on these pages. We finally get an inside, deeply personal (I'm looking at you page 26) view into how she does it. Literally, technically, mentally, and philosophically. It is abundantly clear that it was written with the purpose of helping and advising others. I am actually shocked she gives so much of her success away in this book - but that's how MBK rolls.

This book is a beacon of light to the casual athlete trying to navigate family, friends, athletics, and maintaining a balanced life. You can learn a lot from Meredith Kessler. Understanding how she transitioned from an amateur athlete who also worked 60+ hours/week into a full-time professional IMAN triathlete is as informative as it is inspiring. Learning from her trials and tribulations, from organization to injury adversity, proves to be a helpful guide to individuals in all walks of life. You don't have to be a hard core triathlete to take life lessons away from Life of a Triathlete!

This book is a true and complete inside glance on everything you need to know in triathlon - from a newbie to experienced racer. Meredith "MBK" Kessler offers honest insights on her journey across all details - coaching, training, race schedule, gear, hydration, fueling, nutrition, and travel. It's a great first read and ongoing reference guide.

As a professional triathlete, Meredith Kessler selfishly offers information for the promotion and love of her sport. She honestly wants others to succeed and this book gives the ins and outs of how that can be accomplished. Her personal journey from amateur to pro had some very trying moments that took gumption to overcome, but Meredith turned each one into a learning experience to share with others. Meredith's warm personality is evident throughout the book, however, she makes it perfectly clear that it takes tenacity and hard work to participate and succeed in the sport of triathlon. Her main goal in sharing her journey of trials and tribulations is to make the journey for others a bit easier. She is a true ambassador of the sport of triathlon!

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