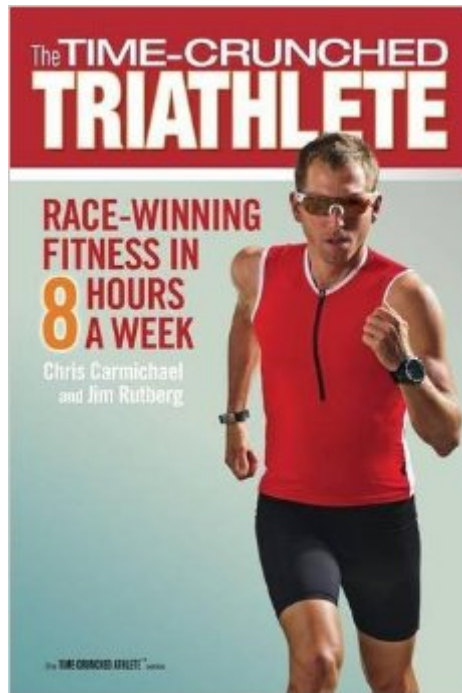


The book was found

# The Time-Crunched Triathlete: Race-Winning Fitness In 8 Hours A Week (The Time-Crunched Athlete)



## Synopsis

The Time-Crunched Triathlete reveals a fast-pacing training program that will bring you competitive fitness and speed in a fraction of the time of traditional triathlon training methods. In as few as 8 hours per week, you can develop the speed and endurance you need to race for the podium in sprint to 70.3 triathlon race distances. Drawing from methods developed at CTS for their busy triathlon coaching clients, The Time-Crunched Triathlete brings high-intensity interval training (HIIT), smart and proven field tests for monitoring progress, an integrated nutrition program, and strategic coaching guides to help you race to your strengths. This innovative training program will deliver fitness in three sports while fitting into your busy weekly schedule. The Time-Crunched Triathlete includes CTS workouts for swimming, cycling, running, and bricks; intermediate and advanced training plans for sprint (6 weeks) and Olympic (8 weeks) race distances; an 8-week 70.3 training plan, transition training programs to extend your fitness throughout your season; and a time-crunched strength training program. Most triathletes would enjoy training more if they could, but when more training time isn't an option, The Time-Crunched Triathlete brings effective tools to make sure you can keep racing using the time you have.

## Book Information

Series: The Time-Crunched Athlete

Paperback: 256 pages

Publisher: VeloPress; Time-Crunched Athlete edition (November 8, 2010)

Language: English

ISBN-10: 1934030619

ISBN-13: 978-1934030615

Product Dimensions: 6 x 0.8 x 9.1 inches

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

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (30 customer reviews)

Best Sellers Rank: #468,151 in Books (See Top 100 in Books) #54 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Swimming](#) #110 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Triathlons](#) #154 in [Books > Sports & Outdoors > Individual Sports > Triathlon](#)

## Customer Reviews

I've just started competing triathlons, with decent results for a guy my age with young child and a full-time job. I'm not trying to be a pro or anything, just trying to have some fun, stay in shape, and compete every once in a while. I've read a few of Chris Carmichael's other books, and like those,

The Time-Crunched Triathlete is clear and concise. It moves along quickly and if you want to skip around it's organized well so you can find the information you want quickly. Since the book just came out (I actually ordered my copy from Chris's website because they got their shipment before and my local bookstore), it's too early for me to say if the training programs themselves work, but as a book on triathlon training it's a great read and really informative. I liked the fact that Chris kept returning to pragmatic solutions and advice where other books go on and on about theory or assume we can all put training as the top priority in our lives. Chris gets it. He understands athletes like me. I'm motivated, I'm ready to do the work, but my family and my job come first. And this is the first triathlon book I've read that really addresses the challenges that I - and all my triathlete friends - deal with every day.

I've read this book through several times, and am just starting on the Olympic training program. It's very good and very in-depth, without overloading you with a lot of unnecessary details. I'm a big believer in interval training above lactate threshold, and I like the idea that you can become a competitive age-group triathlete training 6-8 hours a week. This is the perfect book for me. I've also looked at Joel Friel's "Triathlete's Training Bible" and -- while that book no doubt goes into greater depth -- it felt too much like a textbook to me. I think the Time Crunched Triathlete is much more accessible.

Good, useful, smart, etc. All the things you would expect from Lance's coach. Except that the training plans themselves are sprinkled with mathematical mistakes that make following them confusing. Total minutes spent per discipline on a weekly basis don't always add up to the minutes assigned for all days of the week when added up (also, per discipline). So which do you follow? You attempt to reach the weekly total? You follow the daily volume and ignore the weekly total? You end up trying to guess what they meant to prescribe... But you really can't guess. This is supposed to be science. The book is all about being as scientific and specific as possible. The errors are not small, they are significant. It's a shame. And I tried contacting the publisher to get a solution (corrected training plans) and they have not replied yet.

I'd done a fair bit of long-course racing, but this book helped me focus on really racing the "shorter" Olympic distance. I used the advanced Olympic plan for back-to-back cycles this season, with the results being a personal best by seven minutes (2:12) at a regional qualifying race in June, and then a second PR by seven additional minutes (2:05) at nationals in Burlington in August. I was tenth in

my age group and qualified for Worlds. The workouts were tough and uncomfortable at times, but the work done gave me the speed to race well. And, now that I have three kids, getting to that level on sevenish hours per week was wonderful.

Good book overall. I haven't used any of the plans (didn't even read through them, really), but the main points of the book served to confirm my belief that 6-8 hrs a week could be sufficient for olympic and half-irons, IF you focus on getting the best quality work-out out of this time and cut all the junk yards, miles, long group rides/runs at conversational pace, etc. So far I can't complain about the results.

The author is well qualified in the area of training for triathlons and the book is not just another training for triathlon book. This is a revolutionary approach to reducing the hours to train while improving outcomes. Thoroughly recommended. Have a life and enjoy triathlons, a new concept!

I read this book cover to cover and got some really good information out of it. I was looking for a training program that would increase performance on race day, but not make me spend countless hours in the gym. This program does just that. It outlines everything very well, but know up front there are only two workouts for each event distance, an intermediate and an advanced. If you are a beginner this is not the book for you. The author is assuming you already have a pretty good training basis to work from and are just looking for a way to push yourself to the next level. The author doesn't spend any time on the basics and just moves through how to use the training program properly. There isn't a whole lot of fluff. Mostly straight to the point.

This book is intended for People who are trying to train for a tri on limited time. Goes over some excellent techniques as well as some solid training plans. Def recommended only for shorter distance tris.

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

The Time-Crunched Triathlete: Race-Winning Fitness in 8 Hours a Week (The Time-Crunched Athlete) The Time-Crunched Cyclist, 2nd Ed.: Fit, Fast, Powerful in 6 Hours a Week (The Time-Crunched Athlete) Week-by-Week Homework for Building Reading Comprehension & Fluency: Grade 1 (Week-by-Week Homework For Building Reading Comprehension and Fluency) Triathlete Magazine's Essential Week-by-Week Training Guide: Plans, Scheduling Tips, and Workout Goals for Triathletes of All Levels The Student Athlete's Guide to Getting Recruited: How to

Win Scholarships, Attract Colleges and Excel as an Athlete The 12-Week Triathlete: Train for a Triathlon in Just Three Months 12 Week Triathlete, 2nd Edition-Revised and Updated: Everything You Need to Know to Train and Succeed in Any Triathlon in Just Three Months - No Matter Your Skill Level Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) Life of a Triathlete: Race Preparation The Grace to Race: The Wisdom and Inspiration of the 80-Year-Old World Champion Triathlete Known as the Iron Nun Blackjack Strategy: Winning at Blackjack: Tips and Strategies for Winning and Dominating at the Casino (Blackjack, Counting Cards, Blackjack Winning, Good at Blackjack, Black Jack, Card Counting) Youth Strength Training: Programs for Health, Fitness and Sport (Strength & Power for Young Athlete) Ranger Athlete Warrior 4.0: The Complete Guide to Army Ranger Fitness Android Application Development in 24 Hours, Sams Teach Yourself (3rd Edition) (Sams Teach Yourself -- Hours) HTML and CSS in 24 Hours, Sams Teach Yourself (Sams Teach Yourself in 24 Hours) HTML and CSS in 24 Hours, Sams Teach Yourself (Updated for HTML5 and CSS3) (9th Edition) (Sams Teach Yourself in 24 Hours) Sams Teach Yourself WPF in 24 Hours (Sams Teach Yourself -- Hours) Selling on eBay: 7 Steps to Selling \$5,000 Per Month on eBay in Less Than 25 Hours a Week (selling on ebay, how to sell on ebay, ebay selling, ebay business, ebay, ebay marketing,) Start Your Own Law Practice: Make Over \$100,000 a Year Working Under 20 Hours a Week WEBSITE ANALYTICS: Week #6 of the 26-Week Digital Marketing Plan [Edition 3.0]

[Dmca](#)