



Triathlon Half Distance Training 3rd Ed

Henry Ash

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Triathlon: Half-Distance Training will guide any triathlete who wished to finish his or her first half-distance triathlon from the beginning of the preparation until race day.

The half-distance triathlon consists of a 1.2-mile swim, 56 miles of cycling and a 13.1-mile run. It is anything but an easy option, but it represents a fascinating challenge for any well-trained endurance athlete. Considered a Long Course it covers more miles than the Olympic distance and provides the perfect stepping stone to the ITU Long Distance races and even the Ultra Distance Ironman triathlon.

This book offers a great amount of detailed training plans. There are in-depth examples of core and peripheral training and heart-rate dependent pace levels T1-T8, which help to illustrate the year-round training recommendations.

It also features advice on swimming, cycling, and running training, cross training, equipment, strengthening and stretching, typical training errors, recovery, self-motivating performance testing and motivation tips, as well as anecdotes and emotional stories from competitions. With this guide, anyone can finish their first half-distance triathlon.

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