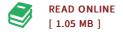


Start to Finish : 24 Weeks to an Endurance Triathlon

By Frey Roch

Paperback. Book Condition: New. Not Signed; Description: Youve finished your first short-distance triathlon maybe even an Olympic distance, but now its time to up the ante and go further and faster than ever before. Experienced professional trainers Paul Huddle and Roch Frey along with T.J. Murphy will bring the triathlete in you up to the challenge all the way up to full Ironman triathlon distances and beyond. Time spent working out, balancing work, family and training, adding speed work, recovery and the mental game are all essential when you decide to move up to the long distance triathlon. No one has more training or racing experience than the team of Roch, Paul and T.J. They will get you to your target race healthy, happy and ready for more. The authors are not only triathlon winners; they have also trained triathlon winning athletes, and written about their experience extensively. This 24-week training program is laid out in four six-week increments. This represents the day-by-day, week-by-week work to be done in preparing for a successful long-distance triathlon. book.



Reviews

The publication is simple in read easier to comprehend. It really is rally interesting through looking at time period. I found out this book from my i and dad suggested this pdf to discover.

-- Shakira Kunde

This publication is very gripping and exciting. Better then never, though i am quite late in start reading this one. I am very happy to inform you that here is the finest pdf i actually have read inside my very own daily life and could be he greatest publication for actually. -- Dayana Aufderhar

DMCA Notice | Terms