



The Complete Book of Triathlon Training, 3rd Ed

Mark Kleanthous

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The Complete Book of Triathlon Training is for any athlete who wants to improve in, or convert to the fascinating sport of triathlon. Learn how to develop a training program and how to approach a competition. The book is an encyclopedic reference that covers all aspects of triathlon training.

The triathlete and aspiring triathlete will have one reference with everything they need to know about triathlon, whether an endurance sport novice or an accomplished athlete in another sport. It tells you how to get started, what equipment to buy, the diet you will need, how to devise a training routine and how to arrange your busy life in order to accommodate it, and then explains how to finish a race, as well as how to recover from it. The Complete Book of Triathlon Training will tell you how to be the best that you can be in triathlon; not necessarily by training harder, but by training smarter.

Every aspect of your life has the potential to affect your mental and physical performance, and you need to take this into account when devising your training in order to avoid both over-training and under-training. Mark's system for monitoring training-stress levels which he has been successfully using for many years is unique to him but is revealed in this book. Use it and you can achieve your optimum performance.

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