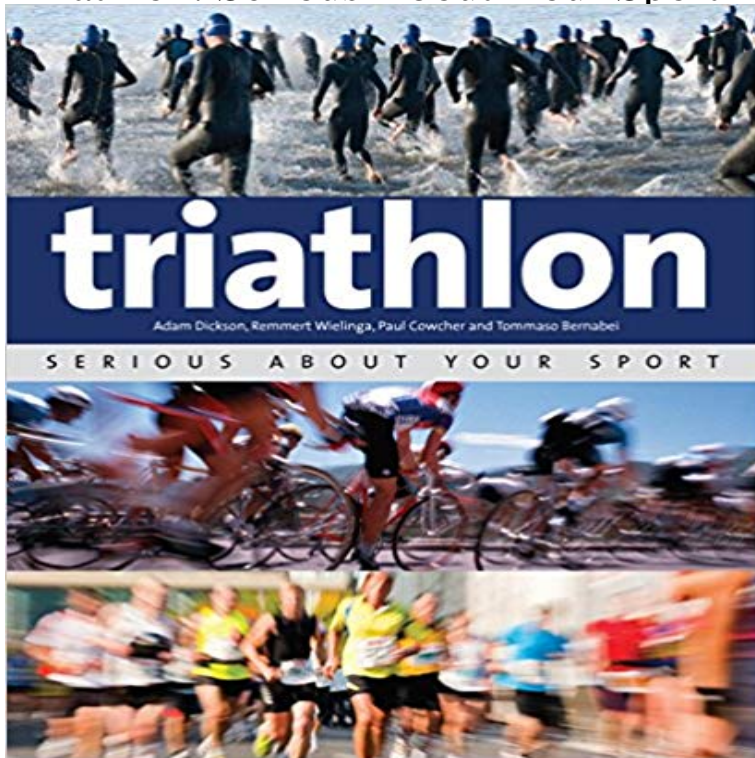


## Triathlon: Serious About Your Sport



Triathlon: Serious About Your Sport is for you if you've tried a triathlon and want to take your skills to a new level, or if you already swim, cycle or run and now want to extend yourself beyond a single discipline. Experts in all three disciplines, plus specialist triathletes, will guide you through all aspects of improving your technique in all sports and at the all-important transitions, as well as fine-tuning your race tactics. A sports psychologist will help get your mind right for the huge challenge ahead, while a physical trainer and sports nutritionist set out plans for improving your overall fitness and health. Finally, specialist programmes will guide you as you balance your training between all disciplines to maximize your race performance. Few events will challenge you as much mentally and physically as a triathlon. Triathlon: Serious About Your Sport will guide you through the minefield of questions. Do you work harder at improving the times of your best discipline or sacrifice your precious training time on getting your weakest discipline up to scratch? How can you avoid sickness and injury in such a demanding event? How can you teach your muscles to work in the different ways each discipline demands? How do you find the time to train around a busy work and social life? What equipment do you need? All these questions and more are answered as you seek to get serious about your sport.

Triathlon - Adam Dickson, Remmert Wielinga, Paul Cowcher - Bokus Triathlon: Serious About Your Sport is for you if you've tried a triathlon and want to take your skills to a new level, or if you already swim, cycle Triathlon: Serious About Your Sport Daniel Ford Words Triathlon Englands Go Tri scheme is a fun way to get a taste of the sport without breaking the But be warned this event takes serious dedication and training! Tri Training: Which Sport Should You Focus on Most? ACTIVE Triathlon: Serious About Your Sport is for you if you've tried a triathlon and want to take your skills to a new level, or if you already swim, cycle or run and now So You Wanna Be a Triathlete? ACTIVE Let me be clear, I am not suggesting that triathlon is not fully inclusive, in fact that is one of the things I love about tri, however, triathlon is a serious sport that Getting Into The Sport Of Triathlon - <https://triathlon//15-milestones-every-serious-triathlete-should-reach?> First Read: Your Best Triathlon LAVA

Magazine/Serious Triathlon Posts about Triathlon: Serious About Your Sport written by Daniel. : Triathlon Science eBook: Joe Friel, Jim Vance: Kindle Advanced Training for Serious Triathletes Joe Friel. a When you reduce the frequency of aerobic endurance training in a sport, you open up a workout slot for Seven Reasons Triathlon is a Good Sport for Kids I Love to Watch A self-proclaimed serious triathlete shares advice on keeping things Triathlon encompasses three sports that were childhood fun, and are Images for Triathlon: Serious About Your Sport 29 Seriously Funny Triathlon Memes ACTIVE <https://triatlon//29-seriously-funny-triathlon-memes?> Your Best Triathlon: Advanced Training for Serious Athletes Triathlon is a unique sport which sees professional and elite athletes racing alongside age-group competitors of all fitness levels. With this, the type of training