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Strength Training For Triathletes: The Complete Program To Build Triathlon Power, Speed, And Muscular Endurance



Synopsis

Strength Training for Triathletes offers a comprehensive strength training program for triathlon that will help triathletes build power, speed, and muscular endurance for faster racing over any race distance. Certified USA Triathlon coach and NSCA Personal Trainer of the Year Patrick Hagerman, EdD, reveals a focused, triathlon-specific strength training program that will enable triathletes to push harder during training and on the racecourse when the effort is hardest. Triathletes who master this progressive strength training program will also become more resistant to injury, meaning fewer missed workouts. Strength Training for Triathletes features 75 of the most effective strength training exercises for triathlon swimming, cycling, and running plus core strength and general conditioning. Full-color photographs illustrate each simple exercise, and exercises are grouped so athletes can focus on their own individual performance limiters. Hagerman simplifies the science underlying strength training, offering easy-to-follow guidelines on resistance and reps that will make triathletes stronger through every phase of the season. Strength Training for Triathletes develops these abilities in triathletes: More powerful, longer-lasting muscles Resistance to fatigue and injury Improved body composition with stronger, leaner muscle mass Better performance without added bulk New in this second edition are sample strength training programs for the most popular triathlon race distances and for each of triathlon's three sports, full-color photographs showing detailed body positions for each exercise, several new exercises, new indexes that specify body-weight exercises and weighted exercises, an exercise log template to track your goal weights, and a new index to improve usability. Strength training often separates the top performers in triathlon from the middle of the pack. Even small improvements in muscle strength can add up to big race results. Strength Training for Triathletes makes it simple for triathletes of all levels to get stronger and race faster.

Book Information

Paperback: 232 pages

Publisher: VeloPress; 2 edition (January 10, 2015)

Language: English

ISBN-10: 1937715310

ISBN-13: 978-1937715311

Product Dimensions: 7 x 0.5 x 9 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 48 customer reviews

Best Sellers Rank: #87,131 in Books (See Top 100 in Books) #13 in Books > Health, Fitness & Dieting > Exercise & Fitness > Triathlons #25 in Books > Sports & Outdoors > Individual Sports > Triathlon #183 in Books > Sports & Outdoors > Coaching > Training & Conditioning

Customer Reviews

"Strength Training for Triathletes shows how adding strength training to your exercise program can yield significant performance results." -- Triathlete magazine
"A comprehensive guide to developing and following a well-rounded strength program." -- USA Triathlon magazine
"A user-friendly manual with sport-specific exercises offered with clear step-by-step instructions and photographs for the mainstream triathlete" --
"This is a quick read reference guide that is deceptively simple and nuanced enough to" --
"keep strength training interesting." -- Triathlon Magazine Canada
"Hagerman cuts through the fads and latest trends to bring you proven, triathlon-specific techniques. Any triathlete looking to build endurance, speed and power will benefit from Strength Training for Triathletes." -- TriEdge.net
"Strength Training for Triathletes is easy to follow and light on jargon. All the basic principles are clearly explained without smothering you in sports science--it's a refreshingly simple approach that leaves you free to concentrate on the exercise rather than the book. Essential reading for anyone mystified by what to do in the gym."
--Tri247.com

STRONGER MUSCLES LAST LONGER
TRIATHLON'S BEST-SELLING BOOK ON STRENGTH TRAINING
Stronger triathletes bring more power, speed, lean mass, and muscular endurance to race day. While time is a precious commodity for every triathlete, every bit of time spent strength training pays off. Add strength training to your triathlon preparation and become a stronger, faster, more resilient athlete. Strength Training for Triathletes helps you line up a strength program focused on your individual needs. Whether you want to increase endurance on the swim, find more power on the bike, or fight fatigue on the run, the sport-specific exercises featured in this book make it easy to target your training for improved performance in any or all of the three events. Every exercise is clearly explained and fully illustrated, taking the guesswork out of good technique. Many triathletes overlook strength training until race times begin to atrophy or muscular imbalances and weaknesses turn into setbacks. A personalized strength program is the answer. If you have your sights set on racing faster and farther in the season ahead, strength training will get you there. Endurance, strength, and power are the keys to triathlon. Strength Training for Triathletes is your complete resource for building and balancing all three for superior performance season after season. Get the

advantage of a personalized strength program in as few as 90 minutes a week: Improve endurance, build muscle, or increase strength and power Focus your training on one event, or build an all-around program Target imbalances with exercises for specific muscle groups Create workouts for home and travel using minimal equipment Find the perfect mix of core, upper-body, and lower-body exercises for total body strength

I am not a triathlete but I find myself using this book in some fashion every workout. Dividing up resistance workouts to improve power or strength that benefit running, swimming, and cycling, I find I am training for basic body movements I was not addressing before. Great compliment to Training Peaks and similar plans out there.

Very informative. I am 55, 1/2 iron triathlete. Have incorporated much of the systems in my program, and it has helped. Highly recommend.

Good big picture overview at designing a season long triathlon strength training program. Chapter on strength exercises to target weak areas is very strong (example: do single leg exercises using a heavier weight on weaker leg if one leg pulls less strongly than the other on the bike). I wish it had included more sample training programs, but similar to The Well Built-Built Triathlete the few templates are meant to be a starting point to designing your own program. In order to get the most from the book you have to be engaged in developing a routine that meets your goals and needs.

Such a great book. Really innovative exercises enabling the triathlete to focus gym workouts on areas where it matters. It takes some study to use this book but it's worth it

love the pictures that show you how to do the training!

this book is filled with information that will help enable me to become a better tri athlete. Book will be very useful

Husband is working towards a half Ironman. I gifted this to him for Christmas to encourage him in his endeavor. He says it's full of useful information

have found this book to be very useful in my training...has helped me get through the boredom of

gym workouts and believe the improved strength helped me place in 3 of my last 4 Xterra Duathlons

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