



Triathlon Training

Michael Finch

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No matter what distances you're training for, *Triathlon Training* offers expert guidance for improving your racing from start to finish. *Triathlon Training* contains six race-specific programs—two for sprint distances, two for Olympic distances, one for the half Ironman, and one for the Ironman. The sprint and Olympic programs include target race times to help you choose the best program for yourself, based on your ability level. It also details a 12-week, step-by-step, base-building program that you can use to work up to racing distances.

The instruction, time management tips, and drills in *Triathlon Training* will help you make the most effective use of each training day. Insights from athletes' profiles and information on nutrition, supplements, and equipment offer additional ways to maximize training as you prepare for competition. The book examines the most common triathlon injuries, offers advice on preventing those injuries, and details how to treat and recover from them, should they occur.

A full-color book with more than 200 photos, *Triathlon Training* was developed in consultation with USA Triathlon and the British Triathlon Association. Whether you are considering your first triathlon or are committing yourself to Ironman competition, this book will help put you on the path to a successful finish.

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