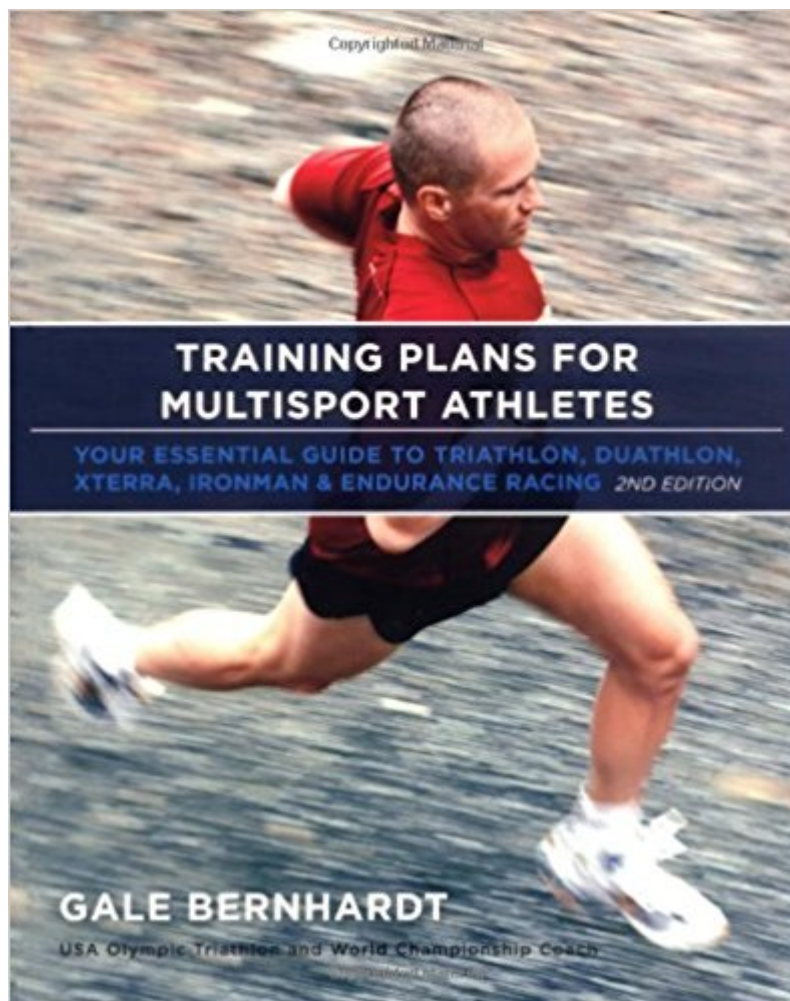


The book was found

Training Plans For Multisport Athletes: Your Essential Guide To Triathlon, Duathlon, Xterra, Ironman & Endurance Racing



Synopsis

Gale Bernhardt's training plans have helped tens of thousands of self-coached athletes to reach their multisport goals. Every detail of how to train for a triathlon of any distance, an off-road triathlon, or a duathlon is packed into this essential book, including plenty of swim, bike, and run workouts to keep training fresh and breakthrough workouts to make training more rewarding. Bernhardt's unparalleled coaching experience is the basis of her proven training methodology, which she applies to each of the 15 unique training plans, removing the hassle of creating a plan from scratch. The second edition includes: Easy tips on modifications that allow triathletes to further personalize the plans according to their needs. A new chapter on 13 Weeks to a Sub-13 Hour Ironman® 8 training plans requiring only 5" â10 hours of training each week. 5 training plans to go farther--3 training plans for finishing an Ironman and 2 plans for finishing a half-Ironman race. Training Plans for Multisport Athletes has a challenge to suit everyone, from beginners to accomplished triathletes, for those who are short on training time and those who are training for a faster time.

Book Information

Paperback: 323 pages

Publisher: VeloPress; 2nd edition (January 1, 2007)

Language: English

ISBN-10: 1931382921

ISBN-13: 978-1931382922

Product Dimensions: 7.4 x 0.9 x 9.2 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂÂ See all reviewsÂ (57 customer reviews)

Best Sellers Rank: #538,270 in Books (See Top 100 in Books) #126 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Triathlons #170 inÂ Books > Sports & Outdoors > Individual Sports > Triathlon #196 inÂ Books > Sports & Outdoors > Other Team Sports > Track & Field

Customer Reviews

Training Plans for Multisport Athletes is an excellent resource for anyone interested in planning a multisport fitness or training program. Bernhardt clearly outlines several different plans for different events (sprint, olympic, half and full Ironman, as well as duathlon and general fitness) and provides explanations for each workout. Similar books include Niles's "Time Saving Training for Multisport Athletes" and Friel's "The Triathlete's Training Bible," both of which I would recommend alongside

Bernhard's work. However, there are important differences among these books. Niles is a great concise overview of the why of training in a time saving manner and gives some good examples of how to do it. His chapters are easy to read, and brief. Niles provides some workouts, but only a few week's worth. Friel's book, aptly named, is a must have since it clearly explains, in appropriate depth, the components of triathlon, and how and why to train for them in certain ways. His book is thorough, yet not overwhelming. The book helps you plan your training year and get started on a program, but does not provide daily plans-you need to make those yourself. Bernhardt's book differs (and adds value, in my opinion) from the others because she provides workout plans that are already made: the plans are detailed to the specific day, and targeted to specific audience members, providing a ready made formula for success for a wide range of athletes, from the beginning sprint triathlete to the seasoned duathlete and Ironman competitor. She also has plans for improving sprint and olympic distance triathlon as well as duathlon performance. This book bridges the gap between Niles and Friel--Niles gives you some example workouts, but only a few week's worth.

[Download to continue reading...](#)

Training Plans for Multisport Athletes: Your Essential Guide to Triathlon, Duathlon, Xterra, Ironman & Endurance Racing Operation Ironman: One Man's Four Month Journey from Hospital Bed to Ironman Triathlon Complete Nutrition Guide for Triathletes: The Essential Step-By-Step Guide To Proper Nutrition For Sprint, Olympic, Half Ironman, And Ironman Distances Going Long: Training for Triathlon's Ultimate Challenge (Ultrafit Multisport Training Series) Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) IronFit Triathlon Training for Women: Training Programs and Secrets for Success in all Triathlon Distances Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books) The Triathlete's Guide to Swim Training (Ultrafit Multisport Training Series) Strength Training for Triathletes: The Complete Program to Build Triathlon Power, Speed, and Muscular Endurance Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More IronFit Secrets for Half Iron-Distance Triathlon Success: Time-Efficient Training For Triathlon's Most Popular Distance Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog

training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) The Big Book of Endurance Training and Racing Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting) Triathlon For Beginners: Everything you need to know about training, nutrition, kit, motivation, racing, and much more Speed Training for Teen Athletes: Exercises to Take Your Game to the Next Level (Sports Training Zone) The Triathlete's Training Bible: The World's Most Comprehensive Triathlon Training Guide, 4th Ed. Equine Levering for the Racehorse: Combining scientific levering, conformation and nature. Thoroughbred, Arabian, Quarter Horse. Horseracing, Barrel racing, Endurance

[Dmca](#)