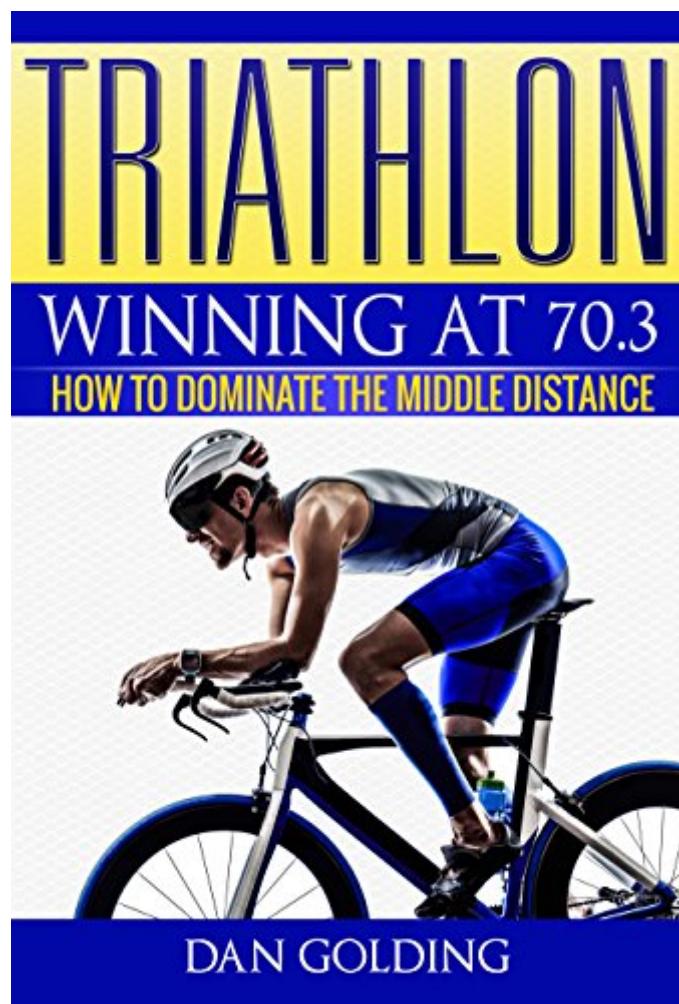


The book was found

Triathlon: Winning At 70.3: How To Dominate The Middle Distance



Synopsis

Triathlon: Winning at 70.3 is dedicated to all triathletes who are thinking about stepping up to middle distance. 70.3 Half Ironman training requires quite a different approach to the shorter distances and to be successful, a more professional approach to training is required. Do not set yourself up for failure on race day! Simply doubling Olympic distance training will not work those who do this will struggle. Do NOT be one of these! This book will give you a specific road map to 70.3 triathlon training and help you properly prepare for your event. It will include race day nutrition strategies, goal setting tips, help you find your ideal race weight, help you train at the right intensity, understand exactly how much fluid to drink, recovery strategies of the pros, strength training strategies that work and much more. 70.3 triathlon is a serious step up and preparation is key. Luckily if you do it right, 70.3 training is something that you can fit into a busy life, get in the best shape of your life and succeed. Remove the guess work and learn what the pros do. This comprehensive book is specific for 70.3 Half Ironman training and will help you navigate everything you need to know in order to achieve your goals, get maximum training results from each session without it taking over your life. It will cover:

- Developing a specific 70.3 training plan that will enable you to perform at your best on race day
- Advanced recovery strategies so you can train just as hard the following day
- How to prevent injury and maintain a healthy body
- Learn exactly how much to eat and drink on race day so you avoid costly nutrition mistakes
- Highly effective heart rate training zone methods that will super charge your race results
- Learn the difference between heart rate zone training, power training, perceived exertion and lactate threshold training
- Understand how to look after your bike
- Develop incredible strength in the key muscle groups
- Summon your mental toughness and inner warrior

A personal note from the author: This book will help you avoid many 70.3 mistakes that many triathletes make. There is a ton more involved than simply doubling Olympic distance training and hoping for the best! 70.3 is by far, my favourite distance and provides incredible challenge, satisfaction and fitness. This book will give you an insight into the training strategies used by the pros to get super human results in the least amount of time. I have broken down a road map for you to apply these strategies to your own training to get the best performances you are capable of.

Triathlon: Winning at 70.3 is a complete in depth guide, which covers all aspects of training, nutrition and racing. Grab this book and prepare yourself for incredible performances!

Book Information

File Size: 4870 KB

Print Length: 213 pages

Simultaneous Device Usage: Unlimited

Publication Date: March 26, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01DHJ0CXA

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #225,979 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #40

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Triathlon #101

in Books > Sports & Outdoors > Individual Sports > Triathlon #103 in Kindle Store > Kindle

eBooks > Nonfiction > Sports > Individual Sports > Cycling

Customer Reviews

This book is exactly what a triathlete who wants to jump from Olimpyc distance to half iron man needs!!!

Very usefull ! I recommand it !

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

Triathlon: Winning at 70.3: How To Dominate The Middle Distance IronFit Secrets for Half

Iron-Distance Triathlon Success: Time-Efficient Training For Triathlon's Most Popular Distance

IronFit Triathlon Training for Women: Training Programs and Secrets for Success in all Triathlon

Distances Technology, e-learning and Distance Education (Routledge Studies in Distance

Education) Teaching and Learning at a Distance: Foundations of Distance Education, 6th Edition

Teaching and Learning at a Distance: Foundations of Distance Education (5th Edition) Running:

Distance Running: Improve Your Long Distance Running Step By Step Committed to Love,

Separated by Distance: How to Thrive in Your Long Distance Relationship (Relationship and Dating

Advice for Women Book 8) Blackjack Strategy: The Ultimate Guide To Winning at Blackjack and

Dominate The Casino Blackjack Strategy: Winning at Blackjack:Tips and Strategies for Winning and

Dominating at the Casino (Blackjack, Counting Cards, Blackjack Winning, Good at Blackjack, Black

Jack, Card Counting) The Youth and Teen Running Encyclopedia: A Complete Guide for Middle

and Long Distance Runners Ages 6 to 18 Winning Strategies for Distance Mushers Minecraft: Secrets Handbook - Ultimate Guide to Dominate Minecraft (Minecraft, Minecraft Handbook) Social BOOM!: How to Master Business Social Media to Brand Yourself, Sell Yourself, Sell Your Product, Dominate Your Industry Market, Save Your Butt, ... and Grind Your Competition into the Dirt Dominate Your Debt: A Work & Play Book Inside The Mind of An Alpha Male: 16 Attitudes That Attract Women, Win Friends, Increase Confidence, Gain Charisma, Master Leadership, and Dominate Life ... and Dating Advice for Men Book 3) The Modern Alpha Male: Authentic Principles to Become the Man You Were Born to Be: Attract Women, Win Friends, Increase Confidence, Gain Charisma, Master Leadership, and Dominate Life - Dating Advice Chess: The Ultimate Guide to Chess Tactics & Great Openings, Chess Strategies, Turn Chess Pro From Beginner, Be A Chess Master and Dominate Every Game! ... checkmate, checkers, puzzles& games) Daily Fantasy Sports: How to Dominate & Win Fantasy Baseball, Fantasy Basketball and Fantasy Football Leagues to Turn Profitable Seasons Fantasy Football for Smart People: How to Dominate Your Draft

[Dmca](#)