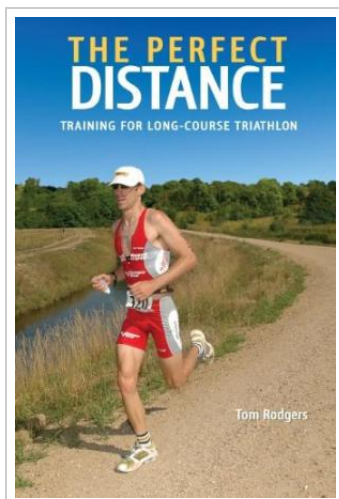




The Perfect Distance: Training for Long-course Triathlons (Paperback)

By Tom Rodgers

VELOPRESS, United States, 2007. Paperback. Condition: New. Language: English . Brand New Book. This is a sports coaching book. Packed with technique and drills and built on Joe Friel's proven Ultrafit platform, The Perfect Distance is the first book to equip triathletes for the long course. Half-Ironman races are the fastest-growing distance in triathlon and a pivotal stepping-stone toward the sport's ultimate challenge - the Ironman. Every facet of effective preparation for a long course event is thoroughly outlined. Extensive appendixes featuring workouts for swim, bike, run, key training sessions, and indoor training make this book the ultimate resource. Sport-specific chapters and detailed instruction on selecting equipment, making smart nutrition decisions, strength training, and overcoming injuries make up a complete resource for triathletes. This is the only book to focus on increasingly popular half-Ironman race distance.



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