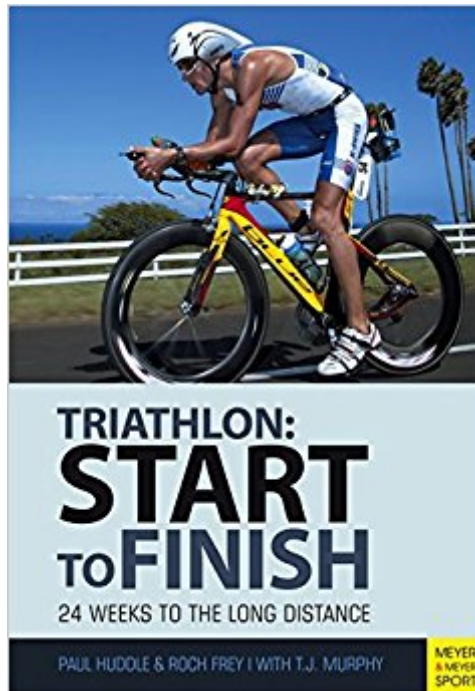




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Triathlon: Start To Finish: 24 Weeks To The Long Distance



Synopsis

You have finished your first short-distance triathlon maybe even an Olympic distance, but now it is time to up the ante and go further and faster than ever before. Experienced professional trainers Paul Huddle and Roch Frey along with T.J. Murphy will bring the triathlete in you up to the challenge all the way up to full Ironman triathlon distances and beyond. Time spent working out, balancing work, family and training, adding speed work, recovery and the mental game are all essential when you decide to move up to the long distance triathlon. No one has more training or racing experience than the team of Roch, Paul and T.J. They will get you to your target race healthy, happy and ready for more. The authors are not only triathlon winners; they have also trained triathlon winning athletes, and written about their experience extensively. This 24-week training program is laid out in four six-week increments. This represents the day-by-day, week-by-week work to be done in preparing for a successful long-distance triathlon.

Book Information

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Customer Reviews

Roch Frey is a former professional triathlete and has been involved with triathlon for over twenty years. After winning the Canadian Long Course National Championships in 1993, he turned to full-time coaching and combined forces with Paul Huddle, Paula Newby-Fraser and John Duke to create Multisports.com. Paul Huddle's long career as a professional triathlete saw him finish more than twenty Ironman® distance events and well over 300 triathlons. As a partner in Multisports.com, Huddle is involved in production, administration and instruction at triathlon camps and clinics all over the world. T.J. Murphy, formerly the long time editor-in-chief of Triathlete

Magazine, is now editor of CitySports Magazine in San Francisco and a regular contributor to Ironmanlive.com. He finished four Ironman® distance events, including the Ironman® World Championship in 2000.

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