

Swim Bike Run Our Triathlon Story

SWIM, BIKE, RUN. THE ULTIMATE BEGINNER'S GUIDE. In the quest for understanding this beautiful and increasingly popular sport, **TRIATHLON. LOVING IT IS EASY** is the definitive starter's book for the aspiring triathlete. This comprehensive guide is packed with practical ways that will help you: Understand triathlon, Understand how you fit into this discipline, regardless of your physical condition, Comprehend how each discipline functions and learn how to properly run, swim, bike and transition, Understand how you can improve your performance, Train properly, train prudently, train efficiently, Prepare for your first race, Realize your full potential. **TRIATHLON. LOVING IT IS EASY** was written by a man who has lived and breathed sports all his life and triathlon for the last 15 years. As a member of his country's national team he has competed in numerous triathlon events throughout Europe. Christos's book was the first of its kind written in Greek. Now in its revised 3rd edition, it has created a craze for triathlon throughout the Greek world. Apart from a wealth of athletic and scientific information, Christos shares his personal experiences with a sense of humor and honesty rarely seen in sports books. Christos is not an author; he is a triathlete. Who better to guide you in your exciting journey than a fellow sports enthusiast?"

A New York Times bestselling author takes readers inside the Ironman triathlon. As he did so masterfully in his New York Times bestseller, *The Gatekeepers*, Jacques Steinberg creates a compelling portrait of people obsessed with reaching a life-defining goal. In this instance, the target is an Ironman triathlon—a 2.4-mile open-water swim followed by a 112-mile bike ride, then finally a 26-mile marathon run, all of which must be completed in no more than seventeen hours. Steinberg focuses not on the professionals who live off the prize money and sponsorships but on a handful of triathletes who regard the sport as a hobby. Vividly capturing the grueling preparation, the suspense of completing each event of the triathlon, and the spectacular feats of human endurance, Steinberg plumbs the physical and emotional toll as well as the psychological payoff on the participants of the Ford Ironman Arizona 2009. *His You Are an Ironman* is both a riveting sports narrative and a fascinating, behind-the-scenes study of what makes these athletes keep going..

In one of the most breathtaking moments of London 2012, the Brownlee brothers took Gold and Bronze medals in the Triathlon. Alistair strolled across the line clutching a Union Jack, while younger Jonny held on to a medal despite incurring a 15-second penalty. It was the first time British brothers had won individual medals at an Olympics since 1900. With Jonny also being crowned Triathlon world champion in 2012, the Yorkshire duo are set to dominate this hugely popular sport for years to come. Now they share their incredible story, describing how they train hard, think positively, and keep pushing each other to fresh heights. *Swim, Bike, Run* is packed with insights into how to approach your own training and races, whether you are taking on your first triathlon or a seasoned competitor. Anyone interested in swimming, cycling and running simply cannot afford to miss this book.

Just as George Plimpton had his proverbial cup of coffee in the NFL as the un-recruited and certainly unwanted fourth-string quarterback for the Detroit Lions, so, too, did Will McGough immerse himself in a sport he had no business trying. Like Plimpton, whose football folly turned into the bestselling *Paper Lion*, travel and outdoor writer McGough writes of his participation in, around, and over the course of one of the world's premier triathlons, the annual 140.6-mile Ironman in Tempe, Arizona. McGough chronicles the Ironman's history, his unorthodox training, the pageantry of the race weekend, and his attempt to finish the epic event. The narrative follows not just his race but also explores the cult and habits of the triathlete community, beginning with the first Ironman competition in Hawaii in 1978. This is a light-hearted, self-deprecating, and at times hilarious look at one man's attempt to conquer the ultimate endurance sport, with a conclusion that will surprise and delight both dedicated triathletes as well as strangers to the sport.

Triathlon. Loving It Is Easy

Swim Bike Run

Delicious Recipes and Nutrition Plans to Achieve Your Goals

The Grace to Race

Confessions of an Ironman

70.3 Miles - Swim/Bike/Run

Balancing a Big Life with Big Performance in Long-Course Triathlon

The 1989 Ironman World Championship was the greatest race ever in endurance sports. In a spectacular duel that became known as the Iron War, the world's two strongest athletes raced side by side at world-record pace for a grueling 139 miles. Driven by one of the fiercest rivalries in triathlon, Dave Scott and Mark Allen raced shoulder to shoulder through Ironman's 2.4-mile swim, 112-mile bike race, and 26.2-mile marathon. After 8 punishing hours, both men would demolish the previous record--and cross the finish line a mere 58 seconds apart. In his new book *Iron War*, sports journalist Matt Fitzgerald writes a riveting epic about how Allen and Scott drove themselves and each other through the most awe-inspiring race in sports history. *Iron War* goes beyond the pulse-pounding race story to offer a fascinating exploration of the lives of the world's two toughest men and their unquenchable desire to succeed. Weaving an examination of mental resolve into a gripping tale of athletic adventure, *Iron War* is a soaring narrative of two champions and the paths that led to their stunning final showdown.

SISTER MADONNA BUDER is 80 years old, has run more than 340 triathlons, and doesn't know what all the fuss is about. In *The Grace to Race*, she shares the no-nonsense spirit and deep faith that inspired her extraordinary journey from a prominent St. Louis family to a Catholic Convent and finally to

championship finish lines all over the world. As a beautiful young woman, she became an elegant equestrian and accomplished amateur actress. But as she describes in this intimate memoir, she had a secret plan as early as 14: she wanted to devote her life to God. After being courted by the most eligible bachelors in her hometown, she chose a different path and became a Sister of the Good Shepherd. She lived a mostly cloistered life as a Nun until her late forties, when a Priest suggested she take a run on the beach. She dug up a pair of shorts in a pile of donated clothes, found a pair of second-hand tennis shoes, and had a second epiphany. This time, she discovered the spiritual joy of pushing her body to the limit and of seeing God's natural world in all its splendor. More than thirty years later, she is known as the Iron Nun for all the triathlons she has won. Just five years ago, the age 75-79 category was created for her at the Hawaiian Ironman in Kona, where she completed a 2.4-mile swim, a 112-mile bike ride, and a full 26.2-mile marathon in record time. Now she has set her sights on a new goal: inaugurating another new Ironman age group, 80-84, in 2010. Sister Madonna holds dozens of records, has broken dozens of bones, and tells of dozens of miracles and angels that propelled her to a far-flung race. "It is my faith that has carried me through life's ups and downs," she writes. "Whenever injured, I wait for the Lord to pick me up again and set me on my feet, confidently reminding Him, 'God, you know, my intent is to keep running toward you.'" The Grace to Race is the courageous story of a woman who broke with convention, followed her heart, and found her higher mission.

Life is better when you're a triathlete. That is what author and triathlete Jef Mallett believes, and millions of triathletes around the world agree.

Trizophrenia: Inside the Minds of the Triathlete, by nationally syndicated illustrator and veteran triathlete Jef Mallett, offers up the first exploration of the triathlon lifestyle. With the same humor and insight readers love in his "Frazz" comic strip, Mallett delves into the intoxicating subculture of the sport that is three sports. Mallett unveils the triathlete's obsessive-compulsive need for the rituals of the sport: eat, swim, eat, work, eat, ride, eat, work, eat, run, eat, go to bed early. Get up at dawn and do it all over again. Packed with illustrations that bring to life the countless conundrums a triathlete embraces every day, Mallett's light-hearted declaration of love for his sport will convince anyone that life is more worth living when you're a triathlete.

Swim, bike, run, and repeat. Simple, right? Wrong. What you eat while you train is just as important as how you're training. If you're going to perform at your best on race day, top sports nutritionist Renee McGregor has the dietary plans to hit your goals as a triathlete. What to eat, when and why are clearly explained in a way that is relatable to everyone and backed up by years of experience and expertise. Meal plans and the science are tailored to the multi-disciplinary training of a triathlete. How to fuel yourself for success by eating right before, during and after training is clearly laid out, along with how to shift your plan to match the intensity of your training days and the build up to race day. Importantly, this nutrition advice is designed for real people with real lives.

A World Champion's Advice for Peak Performance

Triathlon: Half-Distance Training

Demystifying the Science of Triathlon Speed

One-Hour Workouts

Triathlon Swimming Foundations

A Life Without Limits

Your First Triathlon, 2nd Ed.

In his quest to define 'sporting greatness', double Olympic champion Alistair Brownlee has spent nearly 4 years interviewing and training with some of the greatest minds in sport to discover what it takes to become – and remain – a champion.

Are you ready to take your triathlon training to the next level with cutting-edge research and science? Triathlon Training with Power is the first book written to help athletes integrate power training into all three sports of triathlon. This book will introduce you to power training principles and their applications, developed by leaders in the endurance industry, can help you achieve peak performance. While the application of power training principles has been a mainstay for cycling training for some time, authors and master coaches Dr. Chris Myers and Hunter Allen expand this powerful methodology to apply to swimming and running. You'll learn how to develop an effective, revolutionary training program using the power training principles and methodology. You'll explore sample training plans across the multisport spectrum to help you create a personalized training regimen to maximize your ability and give you a competitive edge. Triathlon Training with Power provides you with an innovative, research-based tool to transform the way you think about triathlon training and elevate your personal performance.

A breakthrough program for triathletes -- beginner, intermediate, and advanced -- showing how to balance training intensity to maximize performance -- from a fitness expert and elite coach. Cutting-edge research has proven that triathletes and other endurance athletes experience their greatest performance when they do 80 percent of their training at low intensity and the remaining 20 percent at moderate to high intensity. But the vast majority of recreational triathletes are caught in the so-called "moderate-intensity rut," spending almost half of their time training too hard--harder than the pros. Training harder isn't smarter; it actually results in low-grade chronic fatigue that prevents recreational athletes from getting the best results. In 80/20 Triathlon, Matt Fitzgerald and David Warden lay out the real-world and scientific evidence, offering concrete tips and strategies, along with complete training plans for every distance--Sprint, Olympic, Half-Ironman, and Ironman--to help athletes implement the 80/20 rule of intensity balance. Benefits include reduced fatigue and injury risk, improved fitness, increased motivation, and better race results.

This book is both a lesson in true grit and determination, but its goal is one that is attainable. Andy isn't a sporting superstar, he holds down a 9-5 job and all the pressures that go with it; he isn't blessed with speed and talent; there are no multi-million pound sponsorship deals; yet this remarkable "common man" is inspiring in a way that some of today's sporting superstars have forgotten how to be. You wouldn't recognize Andy in the street, yet his story provides valuable lessons to us all: "Never give up" and "Anything is possible." Can't Swim, Can't Ride, Can't Run follows Andy Holgate's epic journey from being an overweight librarian to an Ironman triathlete. Before he could even begin the rollercoaster ride which amassed more punctures than Andy cares to remember, this would-be Superman had first to buy a second-hand bike and take swimming lessons. Along the way, he ended up in hospital, dealt with family crises, encountered crocodiles and deadly amoebas, and persuaded his friends that doing an Ironman event is what normal people do on their stag weekend. This is the inspirational, amusing and moving story of how one normal bloke learnt how to fall off a bike and not injure himself, to run a marathon despite two dodgy knees, and most importantly how not to drown.

First Encounters with the Ultimate Endurance Race

Did Not Sink

Swim, Bike, Bonk
Fast-Track Triathlete
FASTER

Becoming an Ironman

A Straightforward System for Making Beginner Triathletes Comfortable and Confident in the Water

Swim, Bike, Run is the ultimate triathlon book, from Olympic heroes the Brownlee brothers The Olympic Triathlon, Hyde Park, London August 7th 2012 'We jogged to our positions on the pontoon: two brothers, side by side, the world and everyone we ever cared about looking on. Eighteen years of training, culminating in this single race. Noise from the crowd impossible to imagine. Hearts thumping. Swim-hats pulled tight, goggles lowered. Into a crouch, poised for the hooter. Three. Two. One...' This is the story of how two skinny lads from west Yorkshire became the best triathletes in the world. Meet the Brownlees: Olympic Champion Alistair, World Champion Jonny. Brothers, training partners, rivals. They have obliterated the competition and set new standards for swimming, biking and running. But the Brownlee brothers have never forgotten their roots. They still do their schoolboy hill runs and Dales rides; still train harder and longer than anyone; still push each other to new heights. In this revealing, often very funny book they take us inside their world and inside their races. It's both a riveting story of brotherly rivalry and a rare insight into what it takes to be the best. Swim, Bike, Run is also packed with training secrets. Whether you are thinking about your first triathlon or are a seasoned competitor, here are unique sections on how to swim, bike and run, and advice on nutrition, injury, and mental approach. With the Brownlees in your corner, you will do more than you ever thought possible. This book is essential reading for anyone interested in swimming, cycling and running and will be loved by readers of Mark Cavendish's Boy Racer and Running with the Kenyans. Alistair Brownlee, 24, is a British triathlete from Yorkshire. He is the reigning Olympic champion, a back-to-back European champion and a two-time World champion. Jonathan Brownlee, 22, is also a British triathlete from Yorkshire. He is the reigning World Champion, a two-time World Sprint champion and an Olympic bronze medalist. 'Sport has two new heroes: a couple of nice lads from Yorkshire ' The Times

The lure of a gold-coloured silicon hat is enough to convince George to sign up once again to the Dart 10k swim. But to get the gold hat, he has to swim it twice. Despite the trauma of the previous year's Dartmoor Classic, George and Rachel sign up again. This time the weather takes a turn for the worse and Rachel is forced to make some creative wardrobe improvisations. Having completed several long bike rides, George now considers himself a relatively experienced cyclist. On the road. Off-road riding, however, is something completely unfamiliar to him. His body (mostly his more sensitive areas) takes one hell of a beating during his first ever mountain-bike adventure. Did Not Finish is a series of books about George and his family's adventures in running, cycling and swimming. From ultramarathons to triathlons, 10k swims to European cycling adventures, George promises fun and laughter every step, pedal, and paddle of the way.

A regimen for training that can be followed by anyone, anywhere, any time of year, and that makes triathloning a pleasure rather than an ordeal. The explosion of interest in physical fitness that has sent Americans running, bicycling, and swimming by the tens of thousands now extends to the fitness competition that combines all three --triathloning. Steven Jonas, a former nonathlete who began endurance sports in middle age, offers an accessible program for anyone from beginner to experienced jogger. Dr. Jonas's own experiences are the basis of this user-friendly book, directed to the person who wants to do more than just run. He sets forth basic recommendations on equipment necessary for triathloning and outlines a three-phased training program that will take the untrained beginner to a state of fitness where he or she can complete a triathlon of moderate distance. The book includes a chapter on nutrition and a stretching program. Dr. Jonas has revised and updated the work to include information on how to run longer races, how to train for the increasingly popular duathlon (run/bike/run), and new tips from his further fifteen years of experience. Techniques, fitness, training, equipment, nutrition, pre-race, the race itself --a readable introduction for the aspiring recreational triathlete. A new chapter on duathlons and how to run longer races, and updated appendixes on the latest magazines and books of interest to triathlons.

Triathlon is among the world's most gear-intensive sports. The gear you select and how you use it can mean big results--or bigger disappointment. FASTER takes a scientific look at triathlon to see what truly makes you faster--and busts the myths and doublespeak that waste your money and race times. In this fascinating exploration of the forces at play in the swim-bike-run sport, astronautical engineer and triathlete Jim Gourley shows where to find free speed, speed on a budget, and the gear upgrades that are worth it. FASTER offers specific, science-based guidance on the fastest techniques and the most effective gear, answering questions like: Which wetsuit is best for me? What's the best way to draft a swimmer? Should I buy a lighter bike? Deep dish or disc wheels? Are lighter shoes faster? Who's right about running technique? Gourley reviews published studies in peer-reviewed journals to show what scientists have learned about swim drafting, pacing the bike leg, race strategy for short and long-course racing, and the fastest ways to handle transitions. FASTER will change how you think about your body, your gear, and the world around you. With science on your side, you'll make the smart calls that will make you a better, faster triathlete.

You Can Be a Triathlete. Yes. You.

The Complete Guide to Fueling Your Triathlon

Swim, Bike, Run, Eat

Relentless: Secrets of the Sporting Elite

80/20 Triathlon

50 Swim, Bike, and Run Workouts for Busy Athletes

Triathlon for the Every Woman

Most triathletes are well aware of the three main disciplines in triathlon, but there's a fourth, critical discipline that's frequently overlooked and causes athletes to underperform, if it's not properly addressed: NUTRITION. Imagine getting through your race feeling strong throughout the entire day, free of cramps, passing dozens or even hundreds of athletes who are fading because they aren't fuelled correctly. This is what a well-executed strategy for race nutrition will allow you to do. Proper triathlon nutrition can be the difference between a PERSONAL BEST and a DID NOT FINISH. Triathlon Nutrition Foundations teaches you an easy-to-execute system to figure out your exact caloric needs for any race, giving you the best shot at a finish you never imagined was possible. This book provides detailed instructions for how to choose your fuel sources, when to take them, and precisely how much is needed. You'll have a leg up on your competitors and never again have to worry about a badly-timed bonk during an important race! "Triathlon Taren" Gesell is a triathlete who has become known for his wildly popular YouTube channel, Instagram account, and podcast, where he shares tips, tricks, hacks, the latest scientific findings and time-tested knowledge to help age-groupers get to their start lines confident and their finish lines strong. Based in Winnipeg, Canada, Taren is also the head coach of TeamTrainiac.com, a training platform supporting a growing community of triathletes from all around the world.

In I'M HERE TO WIN, Chris "Macca" McCormack opens his playbook and reveals everything it takes-mind, body, and spirit-to

become a champion. Now he shares the story of his triumphs and the never-say-die dedication that has made him the world's most successful triathlete. In 2010, at the age of 37, Macca beat the odds and won the Ford Ironman World Championship in Kona, Hawaii for a second time in what many called the most dramatic finish in the race's history. Macca's journey to athletic greatness is more than just one of physical perseverance. After coming in fourth in Hawaii in 2009, Macca returned to the island on a mission: He was there to win. A game plan containing a new strategic approach to winning brought him first across the finish line. Chris McCormack has dedicated his life to training for-and winning-the Ironman Hawaii, one of the most grueling tests of mental and physical endurance in the world. The race challenges athletes to swim 2.4 miles, bike 112 miles, and run a full marathon, 26.2 miles, using all their strength and willpower to overcome the incredibly harsh conditions. In I'M HERE TO WIN Macca provides concrete training advice for everyone-from weekend warriors who casually compete to seasoned veterans who race every week to armchair athletes looking for an extra push-and provides insight into the mind of a great champion with excitement and inspiration on every page. I'M HERE TO WIN is also available as an enhanced e-book with embedded video and audio.

You Are a Badass for aspiring triathletes: a practical and inspiring guide to getting off the couch and on the trail to race your first -- or 50th -- triathlon When Meredith Atwood first shared her journey from tired, overworked wife and mom to successful triathlete, her story resonated with women everywhere, online at SwimBikeMom.com and in the first edition of Triathlon for the Every Woman. Now with her own IRONMAN finishes, experience, and triathlon coaching expertise, Meredith is back with even more wisdom. In this fully revised edition, Atwood not only shares how she went from the couch to an IRONMAN 70.3 triathlon in just over a year, but also shares the latest expertise from coaches, nutritionists, and athletes on each component of the triathlon: swimming, biking, and running. With compact training plans, the most current nutrition advice, updated resources, and the latest information on long-distance racing, this new edition has all you need to make your triathlon goals a reality.

Offers personal observations from men and women who have competed in their first Ironman distance triathlon, consisting of a 2.4-mile swim, a 112-mile bike race, and a 26.2-mile run, all done in one day.

Confessions of a Reluctant Triathlete

From Common Man to Ironman

I Am a Triathlete

I'm Here To Win

How Triathlon Ruined My Life

Race-Ready in 5 Hours a Week

Chrissie Wellington, the world's number one female Ironman athlete and four-time World Ironman Champion, presents her struggles, wisdom, and experiences gained from her hard-won career as a triathlete. With close to 2 million core participants, triathlons of various distances and challenges are attracting more participants than ever before. In TO THE FINISH LINE, one of the sports' greatest legends brings triathlon to life, with guidance for newbies or experienced athletes, to achieve their best triathlons-no matter their ability. Filled with training tips, practical advice and inside information from a champion, triathletes of all levels can benefit from Wellington's experience and insight. Her book will guide readers on their own journey, whether that be a sprint or an Ironman, and encourage them to rise to every new challenge.

Shaping up for a triathlon is serious business. Triathlon Training For Dummies is packed with insider tips and proven methods for training for a triathlon and pumping yourself into the best possible shape by race day. It helps you find the motivation you need to stick to your program, eat better to maximize your energy, and prevent injuries both before and during the race. This authoritative guide helps you evaluate your cardiovascular fitness, muscle strength, endurance, and flexibility, and to set manageable realistic training goals. You'll learn how to establish a workout schedule, choose a target finish time get the right, affordable equipment you'll need for each leg of the race, and maximize your fitness and form for swimming, biking, and running. You'll also get plenty of help in putting it all together as you focus your training, add dual workouts, become a quick-change artist, and save time during transitions. Discover how to: Choose an event to train for based on your fitness level Get into your best possible shape Select the right equipment and sportswear Train for an Olympic, Sprint, or Ironman triathlon Fuel your body and prevent injuries Prepare for training sessions Maintain energy and recover quickly Set training schedules for every triathlon event Treat common training and racing injuries Live like an athlete Triathlon Training For Dummies comes complete with resources for finding triathlons near you, lists of items to bring along on race day, and tips on registration formalities and racing etiquette.

In 2007, Chrissie Wellington shocked the triathlon world by winning the Ironman World Championships in Hawaii. As a newcomer to the sport and a complete unknown to the press, Chrissie's win shook up the sport. A LIFE WITHOUT LIMITS is the story of her rise to the top, a journey that has taken her around the world, from a childhood in England, to the mountains of Nepal, to the oceans of New Zealand, and the trails of Argentina, and first across the finish line. Wellington's first-hand, inspiring story includes all the incredible challenges she has faced--from anorexia to near--drowning to training with a controversial coach. But to Wellington, the drama of the sports also presents an opportunity to use sports to improve people's lives. A LIFE WITHOUT LIMITS reveals the

heart behind Wellington's success, along with the diet, training and motivational techniques that keep her going through one of the world's most grueling events. With uncompromising quality and a no-nonsense approach to training, these 50 one-hour workouts fit even the most hectic schedule to keep season goals on track.

Can't Swim, Can't Ride, Can't Run

A World Champion Triathlete's Guide to Your Perfect Race

The 12 Week Triathlete, 2nd Edition-Revised and Updated
To the Finish Line

Fast Fuel: Food for Triathlon Success

Renaissance Triathlete

A World Champion's Journey

Swim, Bike, Run Our Triathlon Story Penguin UK

Introduces triathlons, discusses the biomechanics of swimming, cycling, and running, and offers advice on training, nutrition, motivation, safety, and race preparation

Of all three disciplines in triathlon, swimming is the one dreaded the most by age-group triathletes, many of whom have had little formal experience in the water. Fortunately, of the three sports, swimming might be the easiest in which to make improvements. "Triathlon Swimming Foundations" provides a simple, straightforward system developed BY a triathlete FOR triathletes, allowing them to become comfortable and confident in the water using a system of triathlon-specific drills and techniques. Triathletes who follow this program are sure to breathe easily in the water without panic, eliminate sinking legs, gain previously elusive speed, and swim smoothly in a triathlon from the start line right into transition, with plenty of energy left to take on the rest of the race. "Triathlon Taren" Gesell is a triathlete who has become known for his wildly popular Triathlon Taren YouTube page, Instagram account and podcast, where he shares tips, tricks, hacks and time-tested knowledge to help age-groupers get to their start lines confident and their finish lines strong. Based in Winnipeg, Canada, Triathlon Taren is also the head coach of Team Trainiac, a training platform supporting a growing community of triathletes from all around the world.

Every year, more and more people are rising to the challenge of completing their first triathlon. The combination of swimming, cycling and running ensure that triathlon is not only one of the most physically demanding sports, but also one of the most rewarding. Triathlon Training Basics is the complete guide to triathlon training. Providing advice for individual competitors as well as individual members of a team competing together, it contains all the essential information triathletes need to successfully complete a triathlon. detailed training plans for beginners and more experienced athletes advice on equipment and clothing for each of the elements technical training tools advice on how to develop your training strength training programmes stretching programmes injury prevention techniques Triathlon Training Basics is essential reading for any beginner thinking about embarking on their first triathlon, through to experienced athletes wishing to improve their training.

Triathlon Training For Dummies

Everything You Need to Know to Train and Succeed in Any Triathlon in Just Three Months - No Matter Your Skill Level

Dave Scott, Mark Allen, and the Greatest Race Ever Run

A System to Nail Your Triathlon Race Nutrition and Make It a Weapon on Race Day

Accidental Ironman

The Wisdom and Inspiration of the 80-Year-Old World Champion Triathlete Known as the Iron Nun

Triathlon Training Basics

The half-distance triathlon consists of a 1.2-mile swim, 56 miles of cycling and a 13.1-mile run. It is anything but an easy option, but it represents a fascinating challenge for any well-trained endurance athlete. The book will guide any triathlete who wishes to finish his or her first half-distance triathlon from the beginning of the preparation until race day. A particular highlight of the book is its great amount of detailed training plans. There are in-depth examples of core and peripheral training and heart-rate dependent pace levels T1-T8, which help to illustrate the year-round training recommendations. It also features advice on swimming, cycling, and running training, cross training, equipment, strengthening and stretching, typical training errors, recovery, self-motivating performance testing and motivation tips, as well as anecdotes and emotional stories from competitions. With this guide, anyone can finish their first half-distance triathlon.

Joe Friel is the top coach in triathlon and his book *Your First Triathlon* is the best-selling book for beginner triathletes. This clear and comprehensive book makes preparing for sprint and Olympic triathlons simple and stress-free. Joe Friel's practical training plan takes fewer than 5 hours a week, giving aspiring triathletes the confidence and fitness to enjoy their first race. *Your First Triathlon* offers a 12-week training plan for total beginners as well as custom plans for athletes experienced in running, cycling, or swimming. Four easy-to-use plans include achievable swim, bike, run, and optional strength workouts that will gradually but surely build anyone into a triathlete. Joe offers helpful advice to simplify the complexities of the swim-bike-run sport. Even a total novice will learn commonsense tips and tricks to navigate packet pickup, set up a transition area, fuel for race day, finish a stress-free swim, and ensure that race day goes as smoothly as planned. Joe Friel is the coach experienced triathletes trust most. His book *The Triathlete's Training Bible* is the best-selling triathlon training resource and now his trusted advice is available to help beginners enjoy their first triathlon experience.

The value is in the journey, not the finish line! Join David Solyomi on his hilarious (and grueling) adventure as he attempts to complete one of the most demanding endurance races in the world. MARATHONS, MINDFULNESS, AND A CASE OF MISSING TOENAILS - THE MAKINGS OF AN IRONMAN! When the only thing that's standing between you and your dreams is a 2.4-mile swim, a 112-mile bike ride, and a full-length marathon (not to mention you happen to have a paralyzing fear of water, own no bike, and have never even run a 10K) well, let's just say you're in for quite an insane adventure! There might be a fine line between discipline and stubbornness - but luckily, no one told David Solyomi that! In his latest book, Confessions Of An Ironman, David recounts how the grueling and hilarious training in preparation for the world's most iconic endurance race helped him face his deepest fears and attain an entirely different quality of life. The result? An epic telling of one man's highs (and so very many lows) in the parallel journeys to peak physical fitness and deep self-discovery. Keep reading to: Understand how the two innate fears of "I'm not good enough" so "I won't be loved" govern your life. Learn how to use these forces to crush your limits instead of letting them pull you down. Bypass the naysayers in your life by sticking to your game plan and remaining centered in your "why." Discover the "dream first, plan later" approach that has the power to shatter the cage you have locked yourself in. Circumvent the negative attitudes and beliefs that prevent you from taking the very first steps toward your goals. (David's proven 3-step recipe will come in handy in every area of your life.) Leverage cognitive and behavioral hacks to push beyond your comfort zone Improve your self-awareness through some deep, thought-provoking questions. Learn how not to go about preparing for endurance contests (your toenails will thank David later). Achieving the major life goals you've set for yourself isn't always a neat line from A to B - and that's alright. The journey itself is the destination, as it offers the possibility of the deepest self-discovery, and with that, the chance for a better life. The outcome, like the Ironman title, is just the icing on the cake. Master your mind, overcome obstacles, meet the true YOU, and learn to push further than you've ever gone before! Get your copy of Confessions Of An Ironman today!

SHORTLISTED FOR THE TELEGRAPH SPORTS HEALTH & FITNESS BOOK OF THE YEAR AWARD 2019 RUNNING AWARDS 2019 - TOP BOOK Dare to Tri is the amazing story of TV presenter Louise Minchin's journey from the BBC Breakfast sofa to representing Great Britain at the World Triathlon Championships. This is a warmly written and wonderfully honest adventure-through-sport that will both entertain and inspire. 'I didn't even know what a triathlon was before 2012... When I took up the sport three years ago I didn't imagine for a second then, that, one day, I would be able to represent my country internationally.' Louise Minchin What started out as a fun television cycling stunt culminated in BBC Breakfast's Louise Minchin wearing the colours of Great Britain at the World Triathlon Championships in her age group. This is the story of how a newly discovered sport became a passion - and then an obsession. Dare to Tri is Louise's candid memoir of her incredible journey, recounting her rediscovery of competitive sport after nearly 30 years and her first tentative steps as a triathlete. In a story encompassing equal measures of determination and self-doubt, Louise has to overcome personal nerves, a brutal training regime, the odd bike crash and the occasional drama. Her adventure as she strives to represent Great Britain in triathlon is an inspiration for sporting late-starters everywhere.

Triathlon Nutrition Foundations

How Six Weekend Warriors Chased Their Dream of Finishing the World's Toughest Triathlon

Triathlon Training with Power

Swim, Bike, and Run to Self-Discovery

Enjoying Sport as an Older Athlete, Managing Mind and Body

You Are an Ironman

Book Four in the DNF Series: Misadventures in Running, Cycling and Swimming

A compelling account of sport after 70 that gives an inspiring message for athletes of all disciplines. Renaissance Triathlete encapsulates the thrill, excitement and lifestyle delivered through sport at any age. Having competed in triathlons around the world, the author combines reflections, anecdotes and practical experiences of his route into triathlon. From starting out to entering into the ranks of competitive age group racing, he charts his inspiring journey. Whether you're new to the sport of triathlon or you're driven to search and achieve your own personal best, here you will discover the mindset you need. For everyone - younger or advancing in age - true enjoyment of sport is gained from achieving the best performance within the context of your capabilities. Renaissance Triathlete addresses the physical and mental challenges the older athlete will face. It explores how you can learn to get the best out of yourself as capabilities change, compensating for slowing down in some areas by making improvements in others. Whatever your ability or experience it's possible to look ahead, keep going and enjoy sport. While there's something here for athletes of all ages and stages, this book will particularly appeal to anyone over 50 who is into sport.

Whether you are a beginner or a seasoned triathlete, training for a Sprint, Olympic, Half-Ironman, or Ironman event, this book offers a complete, step-by-step program that will help you strengthen, tone-up, and both physically and mentally prepare for the

It's race day and you have your running shoes, sleek suits, bikes, goggles, and watches, but if you haven't been training with the proper nutrition, you'll be left in the dust in the third mile. In this book, Tom Holland joins sports dietitian Amy Goodson

Swim Workouts for Triathletes, 2nd Ed. will help you develop real swimming speed. This waterproof book of 75 swim workouts provides the structure, variety, and drills triathletes need to become more efficient and faster swimmers. Each workout is designed around a specific goal—endurance, speed, form, muscular endurance, or anaerobic endurance—making it easy to prepare for events of different distances and improve all-around swimming skill.

Swim, Bike, Run

Dare to Tri

Our Triathlon Story

My Journey from the BBC Breakfast Sofa to GB Team Triathlete

Practical Workouts to Build Speed, Strength, and Endurance

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Swim Workouts for Triathletes

Professional triathlete Hobson shows readers how to refine their techniques in swimming, biking, and running to get the competitive edge and get serious about triathlons. 100 illustrations. Having spent 10 years scaling the lower echelons of the sport, the time has come for one of Britain's least successful athletes to reveal all about how he got involved in all this nonsense in the first place. Marvel as he reveals: His sporting history - how being last pick at school football in the 1970s set him on course for a lifetime of being rubbish at team games. How he took up triathlons in the first place (for a bet, and the cow who made it with him never paid up). How he overcame a crippling lack of talent and a chorus of complete indifference from his family to complete 10 Ironmans, all outside the top 500 finishers. The many triathlon adventures he has experienced over the past 10 years (cow pats, Ironmans, incontinence, driving bans, broken bones, public nudity, spending entire redundancy payments on a new bike, Belgian portaloos, German knocking shops, sunburnt arse cheeks, channel swimming, fights with chavs, obsessions with weather and the nutritional value of Jaffa Cakes, 3 hour marathons, chronic dehydration and so on). The many and varied idiots he's got to know as a result of taking up the sport (aka his mates). The typical training (hell) he goes through to take part in a race given he has absolutely no ability whatsoever. How triathlons ultimately caused him to sell his Mercedes, give away his expensive suit, chuck in his job in the City and become, as his father put it, a "god-damned hippy" (A cycle path designer who owns a camper van).

In Fast-Track Triathlete, elite triathlon coach Matt Dixon offers his plan of attack for high performance in long-course triathlon-without sacrificing work or life. Developed for busy professionals with demanding schedules, the Fast-Track Triathlete program makes your PR possible in Ironman®, Ironman 70.3®, Rev3, and Challenge triathlon in about 10 hours a week. Training for long-course triathlons once demanded 15-20 hours each week-on top of work, family, travel and other time commitments. For many, preparing for long-distance triathlon is more challenging than the race itself. Now Fast-Track Triathlete opens the door to your best performance in full- and half-distance triathlons in half the traditional training time. Dixon's laser-focused, effective approach to workouts, recovery, strength and mobility, and nutrition means you can prepare for triathlon's greatest challenges in just 7-10 hours per week for half-distance and 10-12 hours per week for full-distance. Fast-Track Triathlete includes • Dixon's complete guide to creating a successful sport and life performance recipe • How to plan out your triathlon training • Scaling workouts for time and fatigue • Training and racing during travel • Executing your swim-bike-run and transitions plan on race day • 10-week off-season training program with key workouts • 14-week pre-season training program with key workouts • 14-week comprehensive race-prep full and half training plans with fully integrated strength and conditioning Dixon's first book, The Well-Built Triathlete, revealed his four-tiered approach to success in all triathlon race distances. Fast-Track Triathlete turbocharges Dixon's well-built program so even the busiest athletes can achieve their long-distance triathlon dreams without sacrificing so much to achieve them.

Inside the Minds of a Triathlete

Iron War

Triathloning for Ordinary Mortals

Discover the Breakthrough Elite-Training Formula for Ultimate Fitness and Performance at All Levels