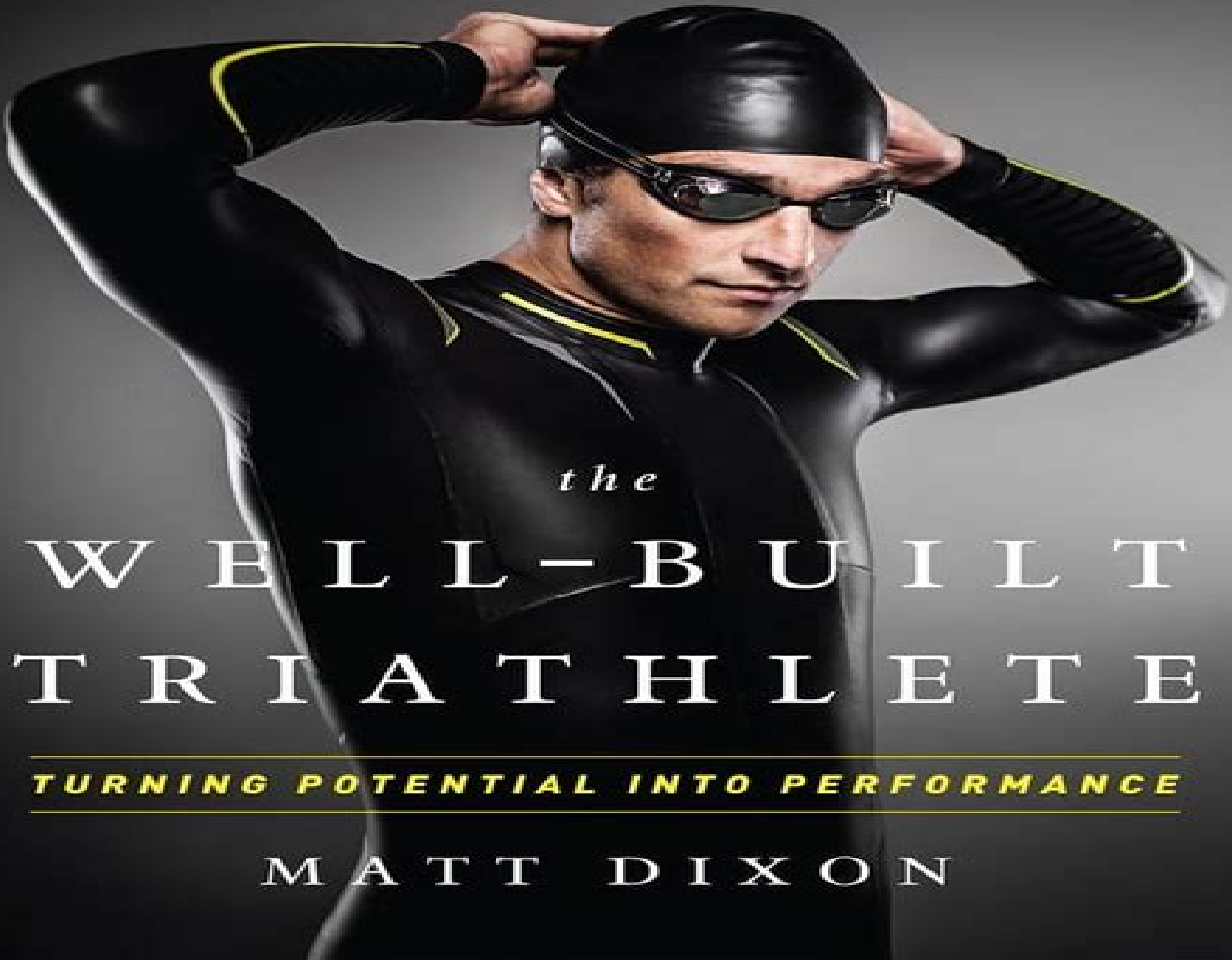




the
WELL-BUILT
TRIATHLETE

TURNING POTENTIAL INTO PERFORMANCE

MATT DIXON

The Well Built Triathlete Turning Potential Into Performance

Conrad Goeringer



The Well Built Triathlete Turning Potential Into Performance:

The Well-Built Triathlete Matt Dixon, 2024-01-11 In *The Well Built Triathlete* elite triathlon coach Matt Dixon reveals the approach he has used to turn age group triathletes into elite professionals. Instead of focusing narrowly on training and workouts, Dixon reveals a more comprehensive approach that considers the whole athlete. Dixon details the four pillars of performance that form the foundation of his highly successful purplepatch fitness program, showing triathletes of all abilities how they can become well built triathletes and perform better year after year. *The Well Built Triathlete* gives equal weight to training and workouts, recovery and rest, daily nutrition, and functional strength. Dixon considers the demands of career and family and the ways different personality types prefer to approach training. *The Well Built Triathlete* helps triathletes apply Dixon's approach to their season and training plan. Chapters on swimming, cycling, and running explain the most effective ways to train for each. A purplepatch section shows how triathletes can peak their fitness for long streaks of high performance. Dixon's holistic whole body approach to triathlon will help triathletes become greater than the sum of their workouts. By becoming better all around athletes, well built triathletes will train and race faster than ever. **Fast-Track**

Triathlete Matt Dixon, 2024-01-11 Lays out all the elements needed to succeed and excel at triathlon without compromising the other important things in your life like family, friends, and sleep. 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. *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. What other athletes are saying about *FAST TRACK TRIATHLETE*: "I went from marathons and sprint tri straight to a full Ironman in 1 year while overcoming an injury with this plan. The importance of sleep, rest, quality vs quantity, endurance AND strength."

nutrition etc this book shares such a realistic and balanced approach to training and helped me train for and complete my first Ironman 140.6 race as a working mother of 3 small children and a 13:32 finish time. Breath of fresh air read on triathlon training planning life balance in context of performance improvement. **The New York Times Index**, 2007. *The Triathlete's Training Bible* Joe Friel, 2025-11-04. The Triathlete's Training Bible is the bestselling and most comprehensive guide for aspiring and experienced triathletes. Joe Friel is the most trusted coach in the world and his proven triathlon training program has helped hundreds of thousands find success in the sport of triathlon. Joe has completely rewritten this new Fourth Edition of The Triathlete's Training Bible to incorporate new training principles and help athletes train smarter than ever. The Triathlete's Training Bible equips triathletes of all abilities with every detail they must consider when planning a season, lining up a week of workouts or preparing for race day. With this new edition, Joe will guide you to develop your own personalized triathlon training program and become a better swimmer, cyclist, and runner. Train with the right intensity and volume. Gain maximum fitness from every workout. Make up for missed workouts and avoid overtraining. Adapt your training plan based on your progress and conflicts. Build muscular endurance with a new approach to strength training. Improve body composition with smarter nutrition. The Triathlete's Training Bible is the best-selling book on triathlon training ever published. Get stronger, smarter, and faster with this newest version of the bible of the sport. What's New in the Fourth Edition of The Triathlete's Training Bible. Coach Joe Friel started writing the fourth edition of The Triathlete's Training Bible with a blank page; the entire book is new. The science and sport of triathlon have changed much since the previous edition released. This new edition adds emphasis to personalizing training plans, incorporates new power meter techniques for cycling and running, improves on the skill development techniques, updates the strength training approach, speeds recovery for busy athletes, and cuts through the noisy volume of training data to focus athletes on the numbers that mean the most to better performance. See Joe Friel's blog or 4655 for an expanded summary of improvements to this fourth edition. *Strength Training for Triathletes* Patrick Hagerman, EdD, 2013-09-13. Every triathlete wants to be faster, and most know that adding strength training to their program will help them get there. In *Strength Training for Triathletes*, fitness phenom Patrick Hagerman explains how small changes in muscle strength add up to big race results. For triathletes, the benefits of strength training are many, from increased stability in the water and on the bike to a faster metabolism. Stronger muscles can work longer before feeling fatigued, making strength training indispensable to endurance athletes. Clearly organized by discipline (swim, bike, run) and by muscle group, *Strength Training for Triathletes* helps athletes quickly find the best exercise for their unique training needs. Every exercise is accompanied by full-color art, making the routines easy and inviting to follow. This groundbreaking book further explains how triathletes can adjust their workouts to emphasize endurance, strength, or power, and how to balance the three to reach race goals. It includes complete information on structuring a periodized weight routine to maximize results, whether the race the reader is preparing for is a sprint, Olympic half Ironman, or full Ironman event. Sample

seasonal plans for each race distance and instruction on how to adapt training plans to individual needs make it easy for readers to develop specific approaches and reach their personal goals

Triathlon 2.0 Vance, Jim, 2016-01-13 Achieve your best finish ever when you train by the numbers with former elite triathlete Jim Vance Triathlon 2.0 shows you how to interpret data from power meters GPS systems heart rate monitors and swim workouts to achieve new goals and optimize performance

The Working Triathlete Conrad Goeringer, 2019-01-03 YOU CAN BE FAST AND HAVE A LIFE Those who learn how to balance training with other goals and responsibilities tend to live more fulfilling lives Most triathletes are full time working professionals who have aspirations in the workplace at home and on the course Ultimately we are all striving to be well rounded individuals but that doesn't mean we have to sacrifice speed If you learn to train with brutal efficiency you can have children who know your name AND an obnoxious wall lined with race medals A DIVORCE IS NOT A PREREQUISITE TO QUALIFYING FOR KONA The Working Triathlete was written for busy people who want to dominate in life and athletics Learn how to cut out the fluff and wring every drop of potential from your body in the time you have available to train With a focus on how to maximize your performance in fewer hours The Working Triathlete is chock full of principles tips and hacks to help you approach your genetic potential in triathlon without sacrificing other areas of your life Includes a 12 week General Prep and Half Iron Specific Plan

The Triathlon Training Book DK, 2016-02-16 The Triathlon Training Book is your one stop reference for training and competing in a triathlon Find all the essentials you need to start training and improve your performance Clear customizable training plans for all triathlon distances Step by step exercises to build your strength Incredible illustrations that explain efficiency and speed Expert advice on race day strategy nutrition and equipment Trustworthy advice on treating common triathlon injuries and maintaining a healthy body Whether you are a first timer or a seasoned Ironman veteran you'll find what you need in The Triathlon Training Book There's even a special performance chapter with detailed anatomical artwork that explains the physiology and body mechanics for swimming cycling and running so you can see what's happening inside your body as you train Author Bio James Beckinsale MSc and BTA Level 3 is one of the UK's leading high performance triathlon coaches Founder of Optima Racing Team in London and an Olympic and Commonwealth Games Coach he has been training novice and elite athletes for 17 years James has coached age group triathletes to medal at World European and Ironman competitions and his website is www.optimaracingteam.com

The Working Triathlete Conrad Goeringer, 2020-07-14 Includes detailed 18 week Olympic Distance Half Iron Distance Training Plans Stop worrying about not having enough time No matter if you travel for work five days a week are in the throes of medical residency or put in 12 hour days at the office you can be exceptionally fast Learn the principles strategies and tips behind the Working Triathlete training method to maximize your performance in fewer hours LEARN HOW TO TRAIN WITH MAXIMUM EFFICIENCY The Working Triathlete was written for busy people who want to dominate in life and athletics Learn how to cut out the fluff and wring every drop of potential from your body in the time you have available to train YOU

LL DISCOVER The secrets governing the Working Triathlete Training Methodology Strategies to scale training to fit your life
 Key workouts designed to enhance speed endurance and efficiency Ways to leverage tools and technology to optimize your training
 Those who learn how to do more in less time tend to lead more fulfilling lives Most athletes are busy individuals who have aspirations at work home and on the racecourse Fortunately you don't have to sacrifice speed to live a balanced and productive life
 YOU WILL ALSO LEARN HOW TO Structure a training cycle for enhanced consistency and performance Manipulate volume frequency and intensity to maximize fitness in fewer hours Approach your genetic potential in triathlon while staying sane married and employed
 A DIVORCE IS NOT A PREREQUISITE TO QUALIFYING FOR KONA *Your Best Triathlon* Joe Friel, 2025-11-04
 Your Best Triathlon is a master plan that will guide experienced triathletes through every week of their season For each phase of training Joe lays out the path to success outlining clear objectives and the guidelines to meet them
 Your Best Triathlon is a master plan that will guide experienced triathletes through every week of their season For each phase of training Joe lays out the path to success outlining clear objectives and the guidelines to meet them
 Joe Friel's highly refined training plans for sprint Olympic half Ironman and Ironman race distances will help serious triathletes deliver a breakout performance even those with countless races under their belt
 Joe offers a tool kit of proven workouts that will isolate and develop specific abilities Within each workout and plan he offers easy modifications to better manage personal limiters and improve performance
 Hundreds of thousands of triathletes have relied on Joe Friel and his groundbreaking best seller *The Triathlete's Training Bible* to develop their own self-coached training programs
 Now Joe Friel the most experienced coach in triathlon reveals his formula for advanced training and coaches triathletes to their best race ever
Triathletes in Motion Evans, Marc, Cappaert, Jane, 2014-06-12
 In *Triathletes in Motion* Marc Evans and Jane Cappaert present state of the art multilevel assessments for identifying and correcting asymmetries caused by limitations in mobility flexibility and stability
 World class analysis of techniques across the three events combined with functional exercise tests set a new standard for coaching individual technique
Triathlon - the Go Faster Guide Mark Barfield, 2013-08-01
 Within these pages are the tools insights and strategy to achieve your goals faster
 PT Magazine This book will smarten up your training improve your technique and help you set out a plan to bring down your race times
 Whether you've completed a single discipline a few events or are already a seasoned triathlete your goal is the same to be better
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 This smart guide will push you ahead of the pack in one of the world's fastest growing and most demanding sports
 Within these pages are the tools insights and strategy to achieve your goals faster
Triathlete's Edge Marc Evans, 2003
 Triathlon coaching pioneer Marc Evans has trained pros and age group

triathletes for over 20 years and he knows what it takes to be successful His system is divided into phases that can be customized to fit various training seasons and racing objectives The base preparation phase sets training goals and develops endurance strength flexibility and technique Base transition adds new workouts introduces transitions and increases the volume and intensity of your training The third phase race preparation includes specific swim bike and run workouts tailored to your fitness level that will condition your body to put it all together in the approaching competition The final phase peak transition prepares you physiologically and psychologically in a taper that will sharpen your body to peak on race day Triathlete s Edge contains much more than training programs Complete assessment tools allow you to evaluate mobility posture gait strength and flexibility to make improvements through event specific exercise drills Swim instruction covers stroke improvement and hand entry techniques and offers tips on mass starts and exits You ll improve your position on the bike perfect your posture and study cadence and gearing on the bike The running section will sharpen your efficiency with drills for arm movement foot strike and running stride Evans reveals the professional training secrets that have defined him as the triathlon training authority Mark Allen Karen Smyers Mike Pigg and Sue Latshaw are just a few of the legendary triathletes who have benefited from Evans mentoring Now you can incorporate his knowledge in your own training program to give yourself the triathlete s edge

Going Long Joe Friel, Gordon Byrn, 2025-11-04 Internationally recognized triathlon coach and best selling author Joe Friel teams up with ultra endurance guru Gordon Byrn in Going Long the most comprehensive guide to racing long course and Ironman distance triathlons Combining science with personal experience Friel and Byrn prepare anyone from the working age grouper to the podium contender for success in triathlon s ultimate endurance event Whether you are preparing for your first long course triathlon or your fastest Going Long will make every hour of training count 40 sport specific drills to improve technique and efficiency Updates to mental training Key training sessions workout examples and strength building exercises A simple approach to balancing training work and family obligations A new chapter on active recovery injury prevention and treatment Going Long is the best selling book on Ironman training Friel and Byrn guide the novice intermediate and elite triathlete making it the most comprehensive and nuanced plan for Ironman training ever written Going Long is the best resource to break through an Ironman performance plateau to find season after season of long course race improvements

Your First Triathlon Joe Friel, 2025-11-04 Get ready for your first triathlon with the sports 1 coach Joe Friel is the world s most trusted triathlon coach and this accessible and friendly guide will get you ready for your first sprint or Olympic triathlon feeling strong confident and ready for the challenge Friel has helped hundreds of thousands of people to enjoy the challenges of triathlon with his clear and comprehensive Training Bible method *Your First Triathlon* simplifies all the principles of Friel s training approach for newcomers who want a simple no nonsense way to train for triathlon Friel s method will build the fitness and confidence you need to enjoy your first event *Your First Triathlon* 2nd Edition includes Training Plans Easy to follow in under 5 hours a week Workouts Clearly explained

for swim bike and run Technique Effective drills to polish your form Tri gear What you need and don't need Nutrition weight loss Practical advice for being in ideal race shape Tips Tricks How to navigate your race packet pickup lay out your gear set up your transition area fuel for your race finish your swim without stress or fear and ensure your race goes smoothly from the moment you wake up until you cross the finish line Your First Triathlon offers a 12 week training plan for total beginners as well as custom plans for athletes who have some experience in running cycling or swimming Each triathlon training schedule includes realistic swimming biking and running workouts with options to add strength workouts These simple plans will build anyone into a triathlete Triathlon is an amazing and challenging sport that can help you get fit healthy and feeling great Your First Triathlon will help you get off to a great start in the swim bike run sport and excited for your next race

The Triathlete's Training Bible Joe Friel, 2009 The Triathlete's Training Bible is the bestselling and most comprehensive reference available to triathletes Based on Joe Friel's proven science based methodology and his 28 years of coaching experience The Triathlete's Training Bible has equipped hundreds of thousands of triathletes for success in the sport The Triathlete's Training Bible equips triathletes of all abilities with every detail they must consider when planning a season lining up a week of workouts or preparing for race day With this new edition you will develop your own personalized training plan and learn how to improve economy in swimming cycling and running balance intensity and volume gain maximum fitness through smart recovery make up for missed workouts and avoid overtraining adapt your training plan based on your progress build muscular endurance with a new approach to strength training improve body composition with smarter nutrition The Triathlete's Training Bible is the best selling book on tri training ever published Get stronger smarter and faster with this newest version of the bible of the sport **The Triathlon Training Book** DK, 2016-02-16 The Triathlon Training Book is your one stop reference for training and competing in a triathlon Find all the essentials you need to start training and improve your performance Clear customizable training plans for all triathlon distances Step by step exercises to build your strength Incredible illustrations that explain efficiency and speed Expert advice on race day strategy nutrition and equipment Trustworthy advice on treating common triathlon injuries and maintaining a healthy body Whether you are a first timer or a seasoned Ironman veteran you'll find what you need in The Triathlon Training Book There's even a special performance chapter with detailed anatomical artwork that explains the physiology and body mechanics for swimming cycling and running so you can see what's happening inside your body as you train Strength Training for Triathletes Adeline Jensen, 2023-11-27 Triathletes are you ready to take your performance to the next level Strength Training for Triathletes is the ultimate guide to building the power speed and endurance you need to dominate all three disciplines This comprehensive guide will help you Increase your running power and efficiency Improve your cycling power and endurance Enhance your swimming performance Reduce your risk of injury Whether you're a beginner or a seasoned triathlete Strength Training for Triathletes has something for you This program includes General guidelines and tips for strength training for triathletes

Benefits of Strength Training for Triathletes A variety of 50 exercises to target all the major muscle groups Detailed instructions and progressions for each exercise with clear illustrations Tips for nutrition and recovery Imagine crossing the finish line with your arms raised in victory knowing that you've given it your all With Strength Training for Triathletes you can achieve your triathlon goals and reach your full potential Don't wait any longer Order Strength Training for Triathletes today and start your journey to triathlon success *The Beginner Triathlete's Guidebook* Editors of Triathlete magazine, 2013-09-13 This book contains everything you need to know to finish a triathlon Swim with confidence Build your body for endurance Be mentally self-assured Fuel your body right Stay healthy Race like a veteran Gear up affordably

Championship Triathlon Training George M. Dallam, Steven Jonas, 2008-05-08 Dedication passion obsession for serious endurance athletes coaches duathletes and triathletes the quest for improvement never ends Knowing they can shave time from the previous performance they seek out the latest in research and training techniques In Championship Triathlon Training renowned experts George Dallam and Steven Jonas provide you with the same advanced conditioning concepts and programming used by today's elite triathletes By understanding the science behind the principles you will incorporate physiology biomechanics nutrition and injury prevention into your regimen to address your specific needs and the demands of competition Specifically you'll learn these techniques Use weight training plyometrics and core development to accelerate skill development in all phases of swimming running and cycling Apply metabolic training to improve endurance and race speed Combine sport-specific skills such as mounting and dismounting with metabolic training to improve transition times between phases Develop more efficient movement patterns for increased performance potential and reduced injury Assess health and physical status to avoid overtraining Complete with sample programs for each triathlon distance technique analysis training and race-specific fueling strategies and tips for motivation focus and goal setting Championship Triathlon Training will optimize your training and maximize your results

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