

ROY HINNEN



Vorwort von Mark Allen

TRIATHLON TOTAL

Dein Weg zur neuen Bestzeit



Mit neuer
Swim-, Bike-
und Run-Formel

Triathlon Total Dein Neuen Bestzeit

Roy Hinnen



Triathlon Total Dein Neuen Bestzeit:

TRIATHLON TOTAL Roy Hinnen, 2020-02-17 So werden Triathleten schneller In TRIATHLON TOTAL fasst Roy Hinnen seine Erfahrungen aus mehr als 30 Jahren Triathlonsport in 30 Kapiteln zusammen und bietet jedem Athleten das Know how das er braucht um eine neue Bestzeit zu erreichen Mit seiner interaktiven Swim Bike Run und Race Formel hat Roy Hinnen den Zeitgeist voll getroffen vor allem f r Athleten mit wenig Zeit und gro en Zielen Das Buch richtet sich vor allem an Sportler die bereits Trainings und Wettkampferfahrungen gesammelt haben und nun ihre pers nliche Bestzeit verbessern m chten Es liefert neue und u erst effiziente Praxistipps rund um das wirksamste Training und eine gesunde Ern hrung im Sport

Go hard or go home Daniel Meier, 2018-11-15 Ultratriathlon mag verr ckt klingen dennoch oder gerade deshalb begeistern sich immer mehr Sportler daf r Denn Wettk mpfe ber die mehrfache Langdistanz sind mehr als nur eine k rperliche Herausforderung sie erfordern intensives Wissen ber den eigenen K rper ein hohes Ma an Disziplin und vor allem gro e mentale St rke Daniel Meier vermittelt in seinem Buch die Faszination des Ultratriathlons Welche Motivation steckt dahinter Sind Ultratriathleten wirklich verr ckt Wie entstand die Idee dazu Und wie bereitet man sich vor auf Rennen ber die 2 3 5 10 20 oder 30 fache Langdistanz Neben umfangreichen Tipps und praktischen Ratschl gen kommen zu den Themen Vorbereitung Ern hrung oder Mentaltraining zahlreiche Athleten und Experten in Gastbeitr gen und Interviews zu Wort Das Buch dient als Einstieg f r all diejenigen die in die Ultradistanzen hineinschnuppern wollen gibt aber auch neue Impulse f r Sportler deren Ziel es ist sich in diesem Bereich weiterzuentwickeln

100 % Triathlon Roy Hinnen, 2020-12-01 Was du schon immer ber Triathlon wissen wolltest aber nie zu fragen wagtest In 100% Triathlon beantwortet Roy Hinnen die 100 spannendsten Fragen rund ums Triathlon Training entwaffnend ehrlich und schonungslos offen Mit der Kompetenz aus 20 Jahren Triathlon Coaching gibt der Schweizer ungefiltert sein Wissen preis mit dem Ziel Athleten zum Neudenken anzuregen eingefahrene Wege zu verlassen und so die Leistungsf higkeit maximal zu pushen Hier geht es nicht nur um Swim Bike Run sondern auch um Tabuthemen wie Doping Magersucht oder Sexualit t Zudem durchleuchtet Hinnen was hinter den Kulissen vieler Ironm nner abl uft Wie ticken sie Was sagt ihr Lifestyle ber sie aus Und warum sind viele Triathleten beziehungsunf hig Authentisch direkt und ungefiltert

Wettkampfstrategie f r Triathlon Mittel- & Langdistanz Stefan Schurr, 2019-09-12 Wettkampfstrategie f r Triathlon Mittel und Langdistanz Mit der richtigen Strategie zum bestm glichen Wettkampfergebnis B cher Abhandlungen und Angebote zum Thema Trainingsplanung und durchf hrung gibt es viele Forschung und Ratgeber treiben auf diesem Gebiet immer neue Bl ten Schlagw rter wie Polarisiertes Training Hochintensives Intervalltraining oder Blockperiodisierung machen die Runde und bestimmen den Trainingsalltag vieler Athleten Auch in den Bereichen Regenerationsoptimierung sowie Ern hrung hat sich in den letzten Jahren viel getan Low Carb und Paleo Ern hrung ist in vieler Munde Fasziennrollen allgegenw rtig Modernes Ausdauertraining ist vielf ltig individuell und innovativ geworden Monatelang bereiten sich Athleten auf ihren ganz gro en Wettkampf vor Und was passiert am Wettkampftag Taktik Pacing

und Ernährung gleichen oft einem Vabanquespiel mit ungewissem Ausgang Was gilt es am Wettkampftag zu beachten Wie kann der Athlet aus seinen individuellen Möglichkeiten das Maximum erreichen wie das Optimum aus der monatelangen Vorbereitung herausholen Es geht um Pacing um ein adäquates Krisenmanagement während des Wettkampfs um die richtige Ernährung unmittelbar vor und während des Rennens und um die richtige Materialauswahl Diese Buch gibt dem Athleten einen konkreten Leitfaden an die Hand der ihm bei der Wahl der Wettkampfstrategie Unterstützung bietet **Laufen lieben lernen** Iris Hadbawnik, 2020-11-16 Liebst du das Laufen Wie oft hast du bereits mit dem Laufen begonnen jedoch nie den richtigen Spaß daran gefunden Wieso sieht das Laufen bei anderen so locker aus während du dich bei jedem Schritt quälst Und wer sagt überhaupt dass Laufen immer anstrengend sein muss Laufen lieben lernen unterstützt dich als Anfänger bei deinem individuellen Laufeinstieg und liefert dir die nötigen Impulse um deinen Körper besser zu verstehen Mit vielen Tipps lernst du leichter und mit weniger Kraftanstrengung zu laufen damit du dich vor Verletzungen schützt und dir dauerhaft die Freude an der schönsten Sportart der Welt erhlässt Im nächsten Schritt gibt dir Laufen lieben lernen zahlreiche Anregungen wie du dein Lauftraining so gestalten kannst dass du dich weiterentwickelst Laufen lieben lernen wenn dir das gelingt hast du eine echte Liebe fürs Leben gefunden Ein Buch für Laufanfänger Wiedereinsteiger alle Läufer die auf der Suche nach neuen Inspirationen sind *Triathlon total* Roy Hinnen, 2016 **Triathlon Total** Roy Hinnen, 2017-09-07 In TOTAL TRIATHLON Roy Hinnen collects his experience of 30 years of triathlon sports in 30 chapters it is a textbook for triathletes who wish to grow It differs from the usual mainstream literature with its many new approaches and its relation to practice and has really captured the zeitgeist with the swim bike and run formulas Roy's practical approach is easy to understand and very sustainable TOTAL TRIATHLON is aimed primarily at endurance athletes who have already gathered a few years experience and now wish to improve their personal best The formulas on Roy's website are interactive tools which can guide every individual reader's training by calculating individual training targets for 92 new training sets You can find more than 80 videos about efficient triathlon training which supplement this book perfectly on Roy's YouTube channel I'm extremely excited to see that Roy has put all facets of training together in one place Mark Allen **Total Triathlon Almanac** Tony Svensson, 1996-04 Building on the earlier highly successful and standard setting almanacs The Total Triathlon Almanac 3 is a flexible year long training companion It saves time for the experienced athlete and for the newer participant it is a foundation for establishing a proper training program For all it's an indispensable organizer record keeper and information source You'll learn from top triathletes and coaches how to eat for peak performance prevent burn out and injury improve your speed and endurance train and race with a heart rate monitor and prepare and peak for a triathlon of any distance *The Total Triathlon Almanac* Tony Svensson, 1993-01

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