



SECOND EDITION

TRIATHLONING

FOR

ORDINARY MORTALS

AND DOING THE DUATHLON TOO

STEVEN JONAS, M.D.

Foreword by DONALD B. ARDELL, Ph.D.

Triathloning For Ordinary Mortals And Doing The Duathlon Too

Steven Jonas



Triathloning For Ordinary Mortals And Doing The Duathlon Too:

Triathloning for Ordinary Mortals Steven Jonas, 2006 A twentieth anniversary updated edition of the best selling reference features a wider reader friendly format and includes the latest advice on such topics as equipment choosing a compatible race and training for standard distance duathlons and triathlons Original *Duathlon Training and Racing for Ordinary Mortals (R)* Steven Jonas, 2012-03-06 USA Triathlon the national governing body for multi sport racing is committed to fostering the duathlon as the organization's growth sport With the full backing of USA Triathlon including sections on duathlon history and the forthcoming USA T program for promoting duathlon author Steven Jonas has penned the first modern guide for the aspiring multi sport racer who cannot or simply doesn't want to swim Well known for his original ground breaking book *Triathloning for Ordinary Mortals* which has sold nearly 50 000 copies in two editions and his USA Triathlon Life column *Ordinary Mortals Talking Triathlon* with Steve Jonas the author covers how the run bike run duathlon works how to have fun get and stay fit and promote your health doing duathlons the training principles and programs for races of varying lengths from starting from scratch to Doin the Du on a regular basis throughout the season centered on a series of 13 week training programs finding and choosing your races the basic techniques of running cycling and fast walking which can be used on the run legs in both duathlon and triathlon equipment race planning and racing and duathlon as part of a total program for healthy living This book provides a wealth of knowledge and inspiration from a 29 season multi sport racer a prolific author on the subject who is also a physician and professor of preventive medicine Triathloning for Ordinary Mortals Steven Jonas, 1999 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 triathloners Dr Steven Jonas has participated in 100 multi sports events Health Promotion and Disease Prevention in Clinical Practice Jessica S. Coviello, 2019-03-19 The Third Edition of *Health Promotion and Disease Prevention in Clinical Practice* reflects a clinically focused team based approach to health promotion conversations This practical reference incorporates the latest guidelines from major

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and multi week training schedules or pre season and in season training and units for coupling training

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