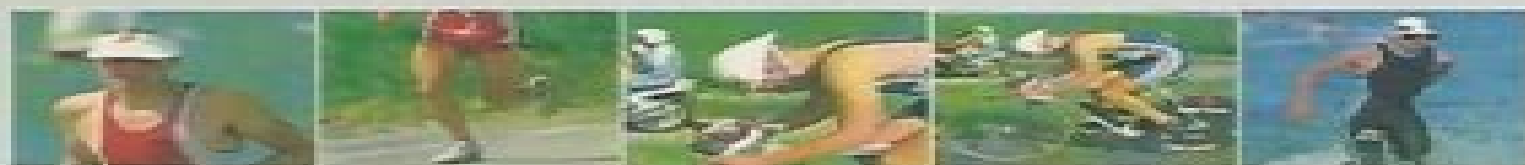


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INSTRUCTIE TRAINING WEDSTRIJD



TIRION SPORT

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Complete Triathlon Training Manual Bob Johnson, E.W. Bragg, Patricia Bragg, 1984-10-01 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.

The Triathlon Training Guide Kimberly Owens, 2021-10-02 Triathlon races are pretty much hllngng to t rt w th. You have to w m a rt n distance th n l mb a bike nd r again. After th t you h v to run t th f n h l n. This wh many folks r nt m d t d b th rt ng event and won t v n consider trying it. If u are one of th individuals wh r quite interested n j n ng a r nt triathlon th n u should go f r it. Your task is to r r yourself for th tu l event by und rg ng r nt tr thl n training. M n b g nn r w ll v t r n tr thl t are constantly l k ng for n ff t v r nt tr thl n tr n ng program to follow. The u u l tr n ng f r a r nt d t n tr thl n nv lv focusing n n rt f r t ll for m l t beginners. Th where u prepare ur ndur n b t rt ng f ur days a w k nd gr du ll increasing th d t n w k after w k. Th n m k th tr n ng 5 6 d r w k later on. It h uld be noted th t f u r a n v tr thl t u w ll f nd t difficult t f rmul t n ff t v sprint triathlon tr n ng r gr m du t l k f r r experience nd kn wl dg. A l t of professional tr thl t on th th r h nd r able to come u with th r wn tr n ng regimen because th h v enough kn wl dg nd x r n. Read The Triathlon Training Guide to know more.

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