



The Perfect Distance: Training for Long-Course Triathlons (Ultrafit Multisport Training)

Tom Rodgers

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Long course triathlon -- a pivotal step toward the sport's ultimate challenge, the Ironman -- is rapidly growing in popularity. Packed with techniques and drills, "The Triathlete's Guide to Half-Ironman Training" is the first book to equip triathletes for the long course. Every facet of effective preparation for the event is thoroughly outlined. There are sport-specific chapters as well as instruction on selecting equipment, making smart nutrition decisions, strength training, and overcoming injuries. Extensive appendices with workouts for swim, bike, run, key training sessions, and indoor training make this book the ultimate resource.

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