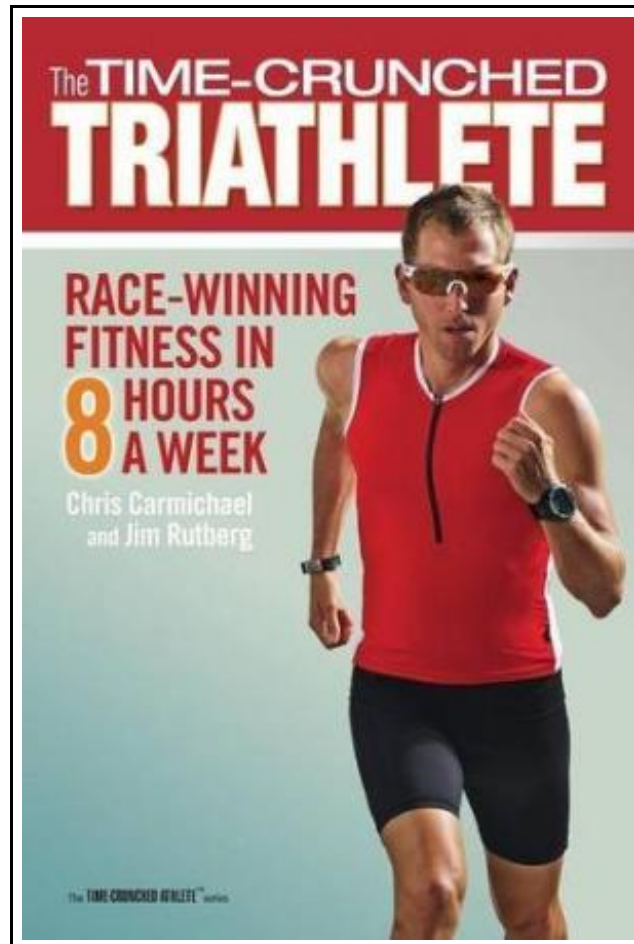


The Time-crunched Triathlete: Race-winning Fitness in 8 Hours a Week



Filesize: 7.97 MB

Reviews

This sort of book is almost everything and helped me looking in advance and much more. Yes, it can be enjoy, nevertheless an amazing and interesting literature. Its been written in an extremely simple way which is simply right after i finished reading this publication through which in fact altered me, alter the way i really believe.

(Lizeth Witting)

THE TIME-CRUNCHED TRIATHLETE: RACE-WINNING FITNESS IN 8 HOURS A WEEK



VeloPress. Paperback. Book Condition: new. BRAND NEW, The Time-crunched Triathlete: Race-winning Fitness in 8 Hours a Week, Chris Carmichael, Jim Rutberg, "The Time-Crunched Triathlete" presents a fast-paced triathlon training programme that delivers competitive speed without the time demands of conventional approaches. In as few as 8 hours per week, triathletes can develop the speed and endurance they need to be competitive in triathlon, from sprint- to half-iron distance races. Drawing upon principles refined while coaching busy endurance athletes, Chris Carmichael shows triathletes how to build fitness in three sports on a realistic schedule that fits into their busy professional and personal lives. Complete with training plans, case studies, nutritional guidelines, and success stories, "The Time-Crunched Triathlete" is the book active working professionals and parents have been waiting for. This title is in paperback with charts and tables throughout.



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