



## Strength Training for Triathletes: The Complete Program to Build Triathlon Power, Speed, and Muscular Endurance (2nd Revised edition)

By Patrick Hagerman

VeloPress. Paperback. Book Condition: new. BRAND NEW, Strength Training for Triathletes: The Complete Program to Build Triathlon Power, Speed, and Muscular Endurance (2nd Revised edition), Patrick Hagerman, "Strength Training for Triathletes" offers a comprehensive strength training program for triathlon that will help triathletes build power, speed, and muscular endurance for faster racing over any race distance. Certified USA Triathlon coach and NSCA Personal Trainer of the Year Patrick Hagerman, EdD, reveals a focused, triathlon-specific strength training program that will enable triathletes to push harder during training and on the race course when the effort is hardest. Triathletes who master this progressive strength training program will also become more resistant to injury, meaning fewer missed workouts. "Strength Training for Triathletes" features 75 of the most effective strength training exercises for triathlon swimming, cycling, and running plus core strength and general conditioning. Full-color photographs illustrate each simple exercise, which are grouped so athletes can focus on their own individual performance limiters. Hagerman simplifies the science underlying strength training, offering easy-to-follow guidelines on resistance and reps that will make triathletes stronger through every phase of the season." Strength Training for Triathletes" develops these abilities in triathletes: More powerful, longer-lasting muscles; resistance to fatigue...



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