

how to train for a triathlon

How to Train for a Triathlon: A Complete Guide to Getting Race-Ready

how to train for a triathlon is a question that excites many endurance athletes and fitness enthusiasts alike. Combining swimming, cycling, and running into a single race demands a unique approach to training, one that balances skill development, endurance building, and recovery. Whether you're eyeing a sprint distance or gearing up for an Ironman, understanding how to prepare your body and mind can make all the difference on race day. In this guide, we'll explore the key strategies, training tips, and practical advice to help you confidently cross that finish line.

Understanding the Triathlon: What You're Training For

Before diving into the specifics of training, it's important to understand the nature of triathlon itself. Triathlons come in various distances—from the short and fast sprint races to the grueling full Ironman with a 2.4-mile swim, 112-mile bike, and a full marathon run. Knowing the race format you want to complete allows you to tailor your training load appropriately.

The Three Disciplines: Swim, Bike, Run

Each leg of the triathlon challenges different muscle groups and cardiovascular systems:

- **Swimming** tests upper body strength, breathing control, and technique.
- **Cycling** emphasizes leg power, endurance, and pacing.
- **Running** demands efficient form, stamina, and mental toughness.

Training effectively means giving balanced attention to all three, avoiding overtraining in one discipline while neglecting another.

Building a Training Plan: Balancing Volume and Intensity

One of the biggest challenges when learning how to train for a triathlon is managing your time and energy across three sports. Here's how to approach it.

Start with a Base Phase

Focus on building aerobic endurance through low-intensity, steady-state workouts in each discipline. This phase can last anywhere from 4 to 8 weeks depending on your starting fitness level. The goal is to develop a strong fitness foundation without overexerting yourself.

Incorporate Technique and Skill Work

Swimming efficiently requires more than just endurance. Spend time working on your stroke mechanics, breathing rhythm, and sighting techniques. Similarly, cycling drills can improve pedal stroke efficiency and bike handling skills. Running form drills help reduce injury risk and improve economy.

Progress to Build Intensity

Once you have a solid endurance base, gradually introduce higher-intensity workouts such as intervals, tempo sessions, and hill repeats. These workouts enhance your speed and lactate threshold, allowing you to sustain faster paces during the race.

Practice Brick Workouts

Brick workouts involve training two disciplines back-to-back, most commonly cycling followed immediately by running. This prepares your body for the unique sensation of running off the bike, which can feel awkward initially. Start with shorter bricks and increase duration as you become more comfortable.

Training Tips Specific to Each Discipline

Swimming: Overcoming the Water

Swimming is often the most daunting leg for beginners. Here's how to approach it:

- ****Join a Masters Swim Group****: Training with others and getting coached can accelerate your progress.
- ****Use Swim Drills****: Focus on drills that improve your body position, catch, and kick.

- ****Open Water Practice****: If your triathlon is in open water, practice swimming in lakes or the ocean to get used to waves, currents, and sighting.

Cycling: Building Power and Endurance

Your bike leg covers the longest distance, so endurance and pacing are key.

- ****Ride Consistently****: Aim for at least 2-3 cycling sessions per week.
- ****Include Long Rides****: Gradually increase your longest ride distance to build stamina.
- ****Practice Bike Handling****: Work on cornering, braking, and riding in a group if possible.
- ****Optimize Bike Fit****: A proper bike fit prevents injury and improves efficiency.

Running: Staying Strong on Your Feet

Running off the bike can be tough, so preparation is crucial.

- ****Build Up Running Volume Slowly****: Avoid increasing mileage too quickly to prevent injury.
- ****Incorporate Interval Training****: Speed work develops your ability to run faster.
- ****Practice Brick Runs****: Simulate race conditions by running immediately after cycling sessions.

The Role of Strength Training and Flexibility

Many triathletes overlook strength training, yet it plays a vital role in injury prevention and performance enhancement.

Strength Training for Triathletes

Focus on compound movements that target major muscle groups, such as squats, lunges, deadlifts, and core exercises. Incorporate resistance training 2-3 times per week to improve muscular endurance and joint stability.

Flexibility and Mobility Work

Regular stretching, yoga, or mobility routines help maintain range of motion and reduce muscular tightness. Flexibility supports better technique and

helps prevent overuse injuries common in triathlon training.

Nutrition and Recovery: Fueling Your Training

How to train for a triathlon isn't just about workouts; what you eat and how you recover are equally important.

Nutrition for Training and Race Day

- **Balanced Diet**: Emphasize carbohydrates for energy, lean proteins for muscle repair, and healthy fats for sustained fuel.
- **Hydration**: Stay well-hydrated before, during, and after workouts.
- **Race Nutrition Practice**: Experiment with gels, bars, and hydration strategies during training to find what works best.

Prioritizing Recovery

Recovery allows your body to adapt and grow stronger.

- **Sleep**: Aim for 7-9 hours per night.
- **Active Recovery**: Include easy swims or walks on rest days.
- **Listen to Your Body**: Take extra rest if you feel overly fatigued or notice signs of injury.

Setting Realistic Goals and Tracking Progress

Goal setting helps maintain motivation throughout your triathlon journey.

- **Set SMART Goals**: Specific, Measurable, Achievable, Relevant, and Time-bound objectives.
- **Use Training Logs or Apps**: Track workouts, monitor improvements, and adjust your plan as needed.
- **Celebrate Milestones**: Completing your first brick workout or longest ride deserves recognition.

Mental Preparation: Building Confidence for Race Day

Triathlon demands mental resilience as much as physical fitness.

- ****Visualize Success****: Picture yourself navigating each leg smoothly.
- ****Practice Race Simulations****: Mimic race day conditions in training.
- ****Develop a Pre-Race Routine****: Create habits that calm nerves and boost focus.

Training for a triathlon is a rewarding challenge that tests your limits and transforms your fitness. By approaching it with a structured plan, balanced training, and mindful recovery, you'll set yourself up for a fulfilling and successful race experience.

Frequently Asked Questions

What is the best way to create a triathlon training schedule?

To create an effective triathlon training schedule, balance your workouts across swimming, cycling, and running, gradually increasing intensity and duration. Incorporate rest days and cross-training to prevent injury and improve overall fitness.

How important is brick training for triathlon preparation?

Brick training, which involves back-to-back workouts of two disciplines (usually cycling followed by running), is crucial as it helps your body adapt to the transition and reduces fatigue during the race.

How many hours per week should I train for a sprint triathlon?

For a sprint triathlon, beginners should aim for about 5-8 hours of training per week, focusing on building endurance and technique in all three disciplines while allowing adequate recovery.

What are some key nutrition tips for triathlon training?

Focus on a balanced diet rich in carbohydrates, proteins, and healthy fats. Hydrate adequately before, during, and after workouts. Practice race-day nutrition strategies during training to find what works best for your body.

How can I improve my swimming technique for a triathlon?

To improve swimming technique, work on your breathing, body position, and

stroke efficiency. Consider taking lessons or working with a coach, and incorporate drills that focus on form and endurance.

What gear is essential for triathlon training?

Essential gear includes a quality triathlon or road bike, running shoes, swim goggles, a wetsuit (if swimming in open water), and a heart rate monitor or GPS watch to track your performance.

How do I prevent injuries while training for a triathlon?

Prevent injuries by warming up properly, incorporating strength training and flexibility exercises, listening to your body, avoiding overtraining, and ensuring you have proper form and equipment.

Additional Resources

How to Train for a Triathlon: A Professional Guide to Effective Preparation

how to train for a triathlon is a question that attracts athletes ranging from beginners to seasoned competitors. Triathlon training is a multifaceted process involving swimming, cycling, and running, each demanding specific techniques, endurance, and strategic planning. Approaching preparation with a structured, evidence-based methodology can significantly impact performance and enjoyment on race day. This article examines how to train for a triathlon by exploring essential training principles, practical scheduling, and key considerations to optimize athletic development.

Understanding the Triathlon Training Framework

Triathlon training differs from single-sport endurance training mainly due to the necessity of balancing three distinct disciplines. Athletes must cultivate muscular endurance, cardiovascular capacity, and technical proficiency across swimming, cycling, and running. The challenge lies in integrating these components without causing overtraining or injury.

A well-rounded triathlon training program hinges on periodization – dividing the training cycle into phases that focus on building base endurance, increasing intensity, tapering, and recovery. This phased approach allows athletes to peak at the right moment, typically coinciding with their target race.

Key Elements of Triathlon Training

- **Swim Training:** Often the most technical of the three sports, swim training requires not only cardiovascular fitness but also stroke efficiency and breathing techniques.
- **Bike Training:** Cycling emphasizes leg strength and stamina. It is essential to develop both aerobic capacity and bike handling skills.
- **Run Training:** Running demands not only endurance but also attention to form and injury prevention, especially since it follows two other disciplines in competition.
- **Transition Practice:** The ability to efficiently switch between swimming, cycling, and running – known as transitions – can shave valuable minutes off race time.

Developing a Training Schedule

A triathlon training schedule must be customized to the athlete's experience level, race distance, and available time. The three common race distances—Sprint, Olympic, and Ironman—each require different training volumes and intensities.

Training Volume and Frequency

For beginners targeting a Sprint triathlon (typically 750m swim, 20km bike, 5km run), training sessions might include:

- 3 swim workouts per week focusing on technique and endurance
- 3 cycling sessions emphasizing steady-state rides and interval training
- 3 running workouts combining long runs, tempo runs, and recovery jogs
- 1-2 sessions practicing transitions

Intermediate and advanced athletes gearing up for Olympic or longer distances should increase weekly training hours progressively, sometimes exceeding 10-15 hours per week. The balance between disciplines often shifts based on individual strengths and weaknesses.

Periodization Phases

1. **Base Phase:** Focuses on building aerobic endurance across all three sports, typically lasting 6-12 weeks.
2. **Build Phase:** Introduces higher intensity workouts, including intervals and brick sessions (back-to-back training of two disciplines).
3. **Peak Phase:** Targets race-specific intensity and fine-tunes pacing strategies; volume is reduced but intensity remains high.
4. **Taper Phase:** Allows recovery and supercompensation before race day with reduced volume and maintained intensity.

Incorporating Cross-Training and Recovery

While triathlon training inherently involves cross-training, complementary exercises such as strength training, yoga, and flexibility routines play a pivotal role in injury prevention and performance enhancement.

Strength and Conditioning

Strength training improves muscular endurance and power, which are crucial for cycling and running efficiency. Exercises targeting the core, glutes, and leg muscles support better posture and reduce fatigue. Incorporating 2-3 strength sessions per week is typically recommended.

Recovery Strategies

Recovery is often overlooked but is essential for adaptation and progression. Active recovery days, adequate sleep, hydration, and nutrition all contribute to optimal performance. Monitoring training load through heart rate variability or perceived exertion scales can help prevent overtraining syndrome.

Nutrition and Hydration for Triathlon Training

Proper fueling strategies are vital throughout the training cycle and on race day. Triathletes must balance macronutrients to support long-duration endurance efforts and recovery.

Daily Nutrition

A diet rich in complex carbohydrates, lean proteins, and healthy fats supports sustained energy release and muscle repair. Timing meals to coincide with training sessions enhances glycogen replenishment and reduces fatigue.

Race and Training Day Hydration

Hydration strategies vary depending on environmental conditions and workout intensity. Electrolyte balance is especially important during longer sessions to prevent cramping and maintain performance.

Technology and Tools to Enhance Triathlon Training

Modern technology offers valuable tools to optimize triathlon training.

- **GPS Watches and Heart Rate Monitors:** Track pace, distance, and physiological responses to training.
- **Power Meters for Cycling:** Provide precise data on output and efficiency, enabling targeted workouts.
- **Swim Analyzers:** Help improve stroke mechanics and efficiency in the water.
- **Training Apps and Platforms:** Offer structured training plans and performance analytics.

While technology can enhance training, it is important not to become overly reliant on data but to listen to bodily feedback.

Psychological Preparation and Race-Day Strategy

Mental resilience is as crucial as physical preparation. Visualization techniques, goal setting, and managing race-day nerves contribute to a successful triathlon experience.

Practicing transitions and simulating race conditions during training can build confidence. Developing a pacing strategy aligned with one's strengths and weaknesses ensures energy is conserved and maximized throughout the

event.

Training for a triathlon demands commitment, strategic planning, and adaptability. By understanding the complexities of swim, bike, and run training, incorporating recovery and nutrition, and leveraging technology wisely, athletes can prepare effectively for the multifaceted challenges of triathlon racing. This comprehensive approach not only improves physical capabilities but also fosters the mental fortitude necessary to cross the finish line with confidence.

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how to train for a triathlon: *Triathlon Training For Dummies* Deirdre Pitney, Donna Dourney, 2008-12-10 Shaping up for a triathlon is serious business. *Triathlon Training For Dummies* is packed with insider tips and proven methods for training for a triathlon and pumping yourself into the best possible shape by race day. It helps you find the motivation you need to stick to your program, eat better to maximize your energy, and prevent injuries both before and during the race. This authoritative guide helps you evaluate your cardiovascular fitness, muscle strength, endurance, and flexibility, and to set manageable realistic training goals. You'll learn how to establish a workout schedule, choose a target finish time get the right, affordable equipment you'll need for each leg of the race, and maximize your fitness and form for swimming, biking, and running. You'll also get plenty of help in putting it all together as you focus your training, add dual workouts, become a quick-change artist, and save time during transitions. Discover how to: Choose an event to train for based on your fitness level Get into your best possible shape Select the right equipment and sportswear Train for an Olympic, Sprint, or Ironman triathlon Fuel your body and prevent injuries Prepare for training sessions Maintain energy and recover quickly Set training schedules for every triathlon event Treat common training and racing injuries Live like an athlete *Triathlon Training For Dummies* comes complete with resources for finding triathlons near you, lists of items to bring along on race day, and tips on registration formalities and racing etiquette.

how to train for a triathlon: *Triathlon Training in Four Hours a Week* Eric Harr, 2003-05-16 A training program for prospective triathlon athletes with a minimum of running experience covers a different sport in each chapter and offers information on how to tailor a workout for individual needs.

how to train for a triathlon: *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. Author Bio: James Beckinsale (MSc and BTA Level 3) is one of the UK's leading high-performance triathlon coaches. Founder of Optima Racing Team in London and an Olympic and Commonwealth Games Coach, he has been training novice and elite athletes for 17 years. James has coached age-group triathletes to medal at World, European,

and Ironman competitions, and his website is www.optimaracingteam.com.

how to train for a triathlon: Train to Tri USA Triathlon, Cleveland, Linda, Swarthout, Kris, 2017-04-20 The leading experts from the triathlon's national governing body provide training plans, strategies, and preparation advice for first-time competitors. Ideal for athletes gearing up for a sprint or standard triathlon, this original program can be tailored to any phase of the multisport event. Included are assessments, exercises, and schedules to ensure the first race is a successful one.

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how to train for a triathlon: The Complete Idiot's Guide to Triathlon Training Colin Barr, Steve Katai, 2007 Whether it's a triathlon, duathlon (bike and run), or aquathlon (swim and run). Women, as well as men, are flocking to the sport. The Danskin Women's Triathlon Series, the longest-running series of its kind, began in 1990 with three races and 150 participants. In 2005, Danskin hosted eight races and had almost 5,100 participants. And the numbers continue to grow. The Complete Idiot's Guide to Triathlon Training is the perfect book for anyone wanting to participate in any of these events. Written by two regular guys who took up the sport as a lark, they, like the other hundreds of thousands of enthusiasts got hooked and compete regularly. This book is filled with the inside tips, practical advice, and dozens of photos that triathlete will find useful, no matter what level experience he or she has.

how to train for a triathlon: Triathlon Revolution Terri Schneider, 2008-09-08 * Includes a foreword by Iron Man Hall-of-Famer Scott Tinley * Written with a fresh, non-technical yet authoritative approach * Provides the latest-and-greatest developments in the industry * Author is a widely-respected athlete and coach Whether just getting interested in triathlons or a multi-sport veteran, readers of this new handbook will get tuned up and stoked to reach any performance goal! Author Terri Schneider explains how to train for a first triathlon, as well as how to formulate an

ongoing experience or a longer-term race regimen. Basic techniques for building a foundation of success are accompanied by lessons in heart-rate levels and suggestions for how to integrate a training schedule into daily life. From the early stages of training and making decisions on what gear to buy through to race day and beyond, Schneider covers everything from nutritional information to endurance issues, mental strategies, stretching, setting up transition areas, off-season training, and more.

how to train for a triathlon: Triathlon for Beginners Dan Golding, 2012-07-08 Are you thinking about getting into triathlon or doing your first race? Have you finished a couple of races and are keen to improve your time? Do you find the whole sport daunting and confusing? Are you a little intimidated by everybody else who looks like they know what they are doing? This easy to understand and insightful book is packed with practical ways you can improve and it will help you: -Understand the sport of triathlon what is triathlon and how does it work? -Develop a training plan together that simplifies your season -Train effectively so you minimise the risk of getting injured -Stop you making the mistakes which cost a lot of time and money -Make you feel confident when you are on the start line -Decide what race length is best for you from sprint to Ironman -Buy the right triathlon kit to suit your ability and your aspirations A personal note from the author: This book is gathered from years of training and racing but not only from my triathlon experience but from the experience of champions. I have trained with and raced with elite athletes and winners from all over the world but I started not knowing what I was doing and was scared to death when I did my first race. I wish I had this book when I started out. I would have saved myself a lot of heart ache and stress! I wrote this to help all triathlon rookies get over their nerves and enjoy this fantastic sport. Triathlon for beginners is the start to finish complete guide which covers all the areas of training and racing including: -Where to start - types of races, what you need to know and where to begin -Jargon buster - helping you understand the terms of the sport so you can understand what people are talking about when they say T1 or Brick! -Training rules and techniques -Swimming technique and etiquette -Running technique and how to prevent injury and run faster -Cycling in a pack what to do and what not to do -Transition - how to lay it out, what to bring and how to be effective -Understanding nutrition and why it is key, how best to manage your nutrition and what is best to eat for triathlon training and racing -Race day - what to look out for, how to prepare and what to expect This guide takes you from start to finish so you can feel confident and comfortable when you train and race. Here are some of the comments we have had from readers... I loved this book! I have completed a few triathlons- sprint and Olympic distance. This book really simplified what is important to focus on. There is so much to know and learn that sometimes you feel overwhelmed. It is an easy, entertaining read but packed with good knowledge that made a big difference to my racing. Charlotte Campbell, World Games triathlon gold medallist I wish this was around before! I did a number of Triathlons over the last few years. When I first took it up I had to ask people's advice which at best was disjointed and worst, confusing. I also read some very good stuff on the internet, however this was also disjointed and incomplete. This book would have been ideal, as it puts it all together clearly and concisely. Liam Harrington; sprint triathlete

how to train for a triathlon: IronFit's Everyman Triathlons Don Fink, Melanie Fink, 2018-03-01 Completing IronFit's "triathlon trilogy" alongside Be IronFit and IronFit Secrets for Half Iron-Distance Success, this is a "go-to," time-efficient training guide for the Standard and Sprint-distance triathlons, which are the most accessible and achievable distances for time-crunched athletes. The Standard Distance is the original triathlon configuration: a 1.5 km swim, 40 km bike, and 10 km run (0.9 mile swim, 24.8 mile bike, and 6.2 mile run). The Sprint Distance usually includes a 750 meter swim, 20 km bike, and 5 km run (Half mile swim, 12.4 mile bike, and 3.1 mile run). And there are duathlon equivalents of both triathlon races. These Short Course distances are the "everyman" races of the sport, and Don and Melanie Fink offer their time-efficient IronFit® training approach to them here in this book.

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easy-to-use training program! The 12-Week Triathlete gives the most exciting, encouraging, and up-to-date exercise information for the fitness enthusiast. Whether you're a beginner or a seasoned triathlete, this book offers a complete program that will help you strengthen, tone-up, and both physically and mentally prepare for the big day. It will appeal to both men and women and includes: 12 weekly training programs nutrition information logs sport specific question & answer sidebars (biking, running, and swimming) information on weight-training, endurance training, speed work, and more basic questions about competing: Can you eat during a race? How do you line up your bike so you can jump right on it? What's the best way to quickly shed your swimsuit?

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making the workouts quick and easy to include in your existing routines. • **ONLINE SUPPORT THROUGH GETFITNOW PLATFORM.** Comprehensive online support via social media, community forums, and website featuring additional content such as exclusive exercise videos, nutritional tips, live updates from authors, and more. • **EXPERT PRESENTATION GUARANTEES RESULTS.** The Triathlon Training Handbook takes all of support and expert guidance of a dedicated personal trainer--and puts it right in your hands. Training tips and expert notes are included, as well as a training journal where you can log your progress.

how to train for a triathlon: The 12 Week Triathlete, 2nd Edition-Revised and Updated Tom Holland, 2011-03-01 It takes only 12 weeks to train to compete in a triathlon—no matter what level you're at now! Imagine being able to successfully compete in a triathlon in just three short months! You can, with fitness expert Tom Holland's all-encompassing, easy-to-use training manual, *The 12-Week Triathlete*. This completely revised and updated edition gives fitness enthusiasts the most exciting, encouraging, and up-to-date exercise information, including 12 brand-new training plans that outline exactly what you need to do every day up until the big event for ultimate triathlon success. Whether you are a beginner or a seasoned triathlete, training for a Sprint, Olympic, Half-Ironman, or Ironman event, this book offers a complete, step-by-step program that will help you strengthen, tone-up, and both physically and mentally prepare for the big day. You will learn how to: —Swim - Start your race confidently, swim strongly surrounded by others, and transition easily from a wetsuit. —Bike - choose the right bike, transport it safely to the race, and fuel yourself properly while you ride. —Run - Don't bonk, improve your speed, and see your race through to the end. —Put It All Together - Eat right through the 12 weeks, train for each segment of the race, gather your equipment and transport it safely to the race, plan for and avoid last-minute emergencies, and, most of all, have fun and continue to compete in the future. In addition all this, you'll also find insider information on weight-training, endurance training, and speed work, as well as answers to questions like "Can you eat during a race?," "How do you line up your bike so you can jump right on it?," and "What is the best way to quickly shed your wetsuit?" *The 12-Week Triathlete* is your secret weapon to triathlon triumph—start training today!

how to train for a triathlon: Strength Training for Triathletes Patrick Hagerman, EdD, 2013-09-13 Every triathlete wants to be faster, and most know that adding strength training to their program will help them get there. In *Strength Training for Triathletes*, fitness phenom Patrick Hagerman explains how small changes in muscle strength add up to big race results. For triathletes, the benefits of strength training are many, from increased stability in the water and on the bike to a faster metabolism. Stronger muscles can work longer before feeling fatigued, making strength training indispensable to endurance athletes. Clearly organized by discipline (swim, bike, run) and by muscle group, *Strength Training for Triathletes* helps athletes quickly find the best exercise for their unique training needs. Every exercise is accompanied by full-color art, making the routines easy and inviting to follow. This groundbreaking book further explains how triathletes can adjust their workouts to emphasize endurance, strength, or power, and how to balance the three to reach race goals. It includes complete information on structuring a periodized weight routine to maximize results, whether the race the reader is preparing for is a sprint, Olympic, half-Ironman or full Ironman event. Sample seasonal plans for each race distance and instruction on how to adapt training plans to individual needs make it easy for readers to develop specific approaches and reach their personal goals.

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how to train for a triathlon: *The Triathlete Guide to Sprint & Olympic Triathlon Racing* Chris Foster, Ryan Bolton, 2020-04-07 The Triathlete Guide to Sprint and Olympic Triathlon Racing will help you discover the speed, thrill, and challenge of triathlon's most popular race distances. Not everyone has time to train for long-course triathlons. By pursuing triathlon's shorter distances, you can enjoy all the total body fitness benefits of the swim-bike-run sport and discover the unique challenges of short-course racing all while enjoying a life outside of training. This complete guide from former pro triathletes Chris Foster and coach Ryan Bolton shares all the know-how you need to find speed and enjoy successful racing in sprint and Olympic-distance triathlons. Foster, now the Senior Editor of Triathlete magazine, shares his pro advice for how to set a smart race strategy, how to master triathlon pacing, how to execute fast transitions, how to train to improve your weakness and race to your strengths. Bolton offers smart, effective sprint and Olympic triathlon training plans so you can get started right away, no matter your background. Sprint and Olympic triathlons are triathlon's most popular distances for good reasons. Experienced triathletes returning to the short course will enjoy a break from long, slow hours of training and rediscover the joy of speed. Active people looking for a new challenge can jump right into triathlon's most beginner-friendly distances. The Triathlete Guide to Sprint and Olympic Triathlon Racing makes it simple to get back up to speed in the world's most rewarding endurance sport.

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