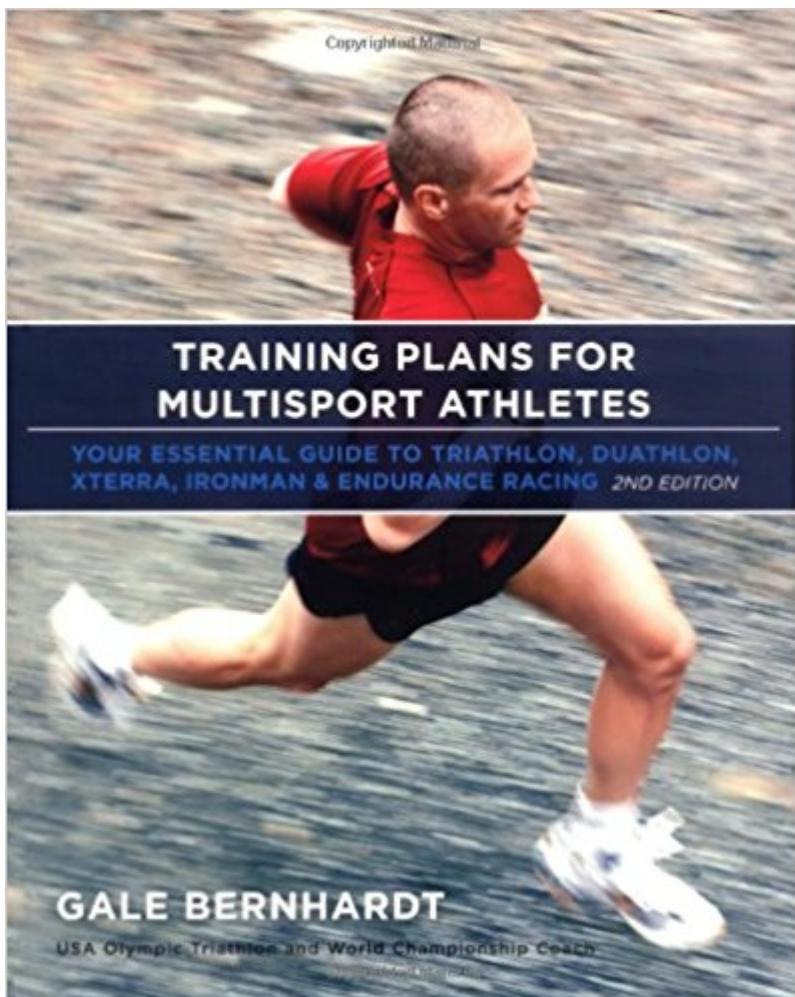


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# Training Plans For Multisport Athletes: Your Essential Guide To Triathlon, Duathlon, Xterra, Ironman & Endurance Racing



## Synopsis

Gale Bernhardt's training plans have helped tens of thousands of self-coached athletes to reach their multisport goals. Every detail of how to train for a triathlon of any distance, an off-road triathlon, or a duathlon is packed into this essential book, including plenty of swim, bike, and run workouts to keep training fresh and breakthrough workouts to make training more rewarding. Bernhardt's unparalleled coaching experience is the basis of her proven training methodology, which she applies to each of the 15 unique training plans, removing the hassle of creating a plan from scratch. The second edition includes: Easy tips on modifications that allow triathletes to further personalize the plans according to their needs. A new chapter on 13 Weeks to a Sub-13 Hour Ironman ® training plans requiring only 5" → 10 hours of training each week. 5 training plans to go farther--3 training plans for finishing an Ironman and 2 plans for finishing a half-Ironman race. Training Plans for Multisport Athletes has a challenge to suit everyone, from beginners to accomplished triathletes, for those who are short on training time and those who are training for a faster time.

## Book Information

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## Customer Reviews

Training Plans for Multisport Athletes is an excellent resource for anyone interested in planning a multisport fitness or training program. Bernhardt clearly outlines several different plans for different events (sprint, olympic, half and full Ironman, as well as duathlon and general fitness) and provides explanations for each workout. Similar books include Niles's "Time Saving Training for Multisport Athletes" and Friel's "The Triathlete's Training Bible," both of which I would recommend alongside

Bernhard's work. However, there are important differences among these books. Niles is a great concise overview of the why of training in a time saving manner and gives some good examples of how to do it. His chapters are easy to read, and brief. Niles provides some workouts, but only a few week's worth. Friel's book, aptly named, is a must have since it clearly explains, in appropriate depth, the components of triathlon, and how and why to train for them in certain ways. His book is thorough, yet not overwhelming. The book helps you plan your training year and get started on a program, but does not provide daily plans--you need to make those yourself. Bernhardt's book differs (and adds value, in my opinion) from the others because she provides workout plans that are already made: the plans are detailed to the specific day, and targeted to specific audience members, providing a ready made formula for success for a wide range of athletes, from the beginning sprint triathlete to the seasoned duathlete and Ironman competitor. She also has plans for improving sprint and olympic distance triathlon as well as duathlon performance. This book bridges the gap between Niles and Friel--Niles gives you some example workouts, but only a few week's worth.

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