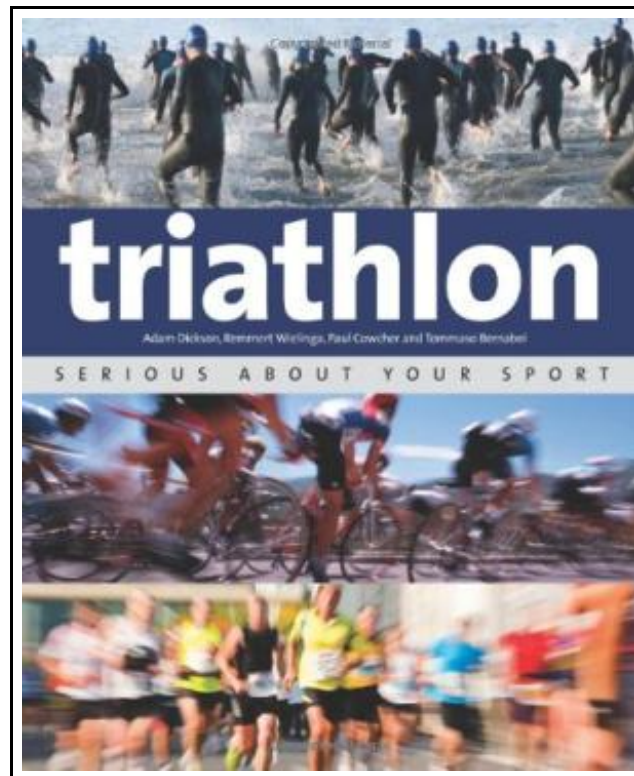


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IMM Lifestyle Books. Paperback. Book Condition: new. BRAND NEW, Triathlon: Serious About Your Sport, Adam Dickson, Remmert Wielinga, Paul Cowcher, Tommaso Bernabei, "Triathlon: Serious About Your Sport" is for you if you've tried a triathlon and want to take your skills to a new level, or if you already swim, cycle or run and now want to extend yourself beyond a single discipline. Experts in all three disciplines, plus specialist triathletes, will guide you through all aspects of improving your technique in all sports and at the all-important transitions, as well as fine-tuning your race tactics. A sports psychologist will help get your mind right for the huge challenge ahead, while a physical trainer and sports nutritionist set out plans for improving your overall fitness and health. Finally, specialist programmes will guide you as you balance your training between all disciplines to maximize your race performance. Few events will challenge you as much mentally and physically as a triathlon."Triathlon: Serious About Your Sport" will guide you through the minefield of questions. Do you work harder at improving the times of your best discipline or sacrifice your precious training time on getting your weakest discipline up to scratch? How can you avoid sickness and injury in such a demanding event? How can you teach your muscles to work in the different ways each discipline demands? How do you find the time to train around a busy work and social life? What equipment do you need? All these questions and more are answered as you seek to get serious about your sport.

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