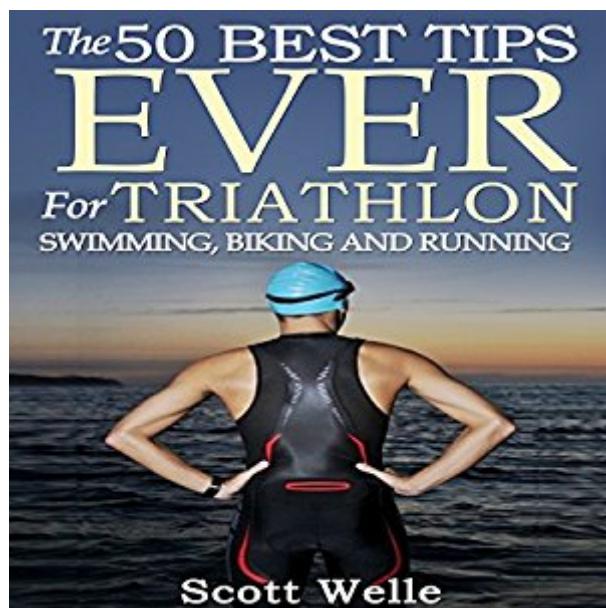


The book was found

# The 50 Best Tips Ever For Triathlon Swimming, Biking, And Running



## Synopsis

I don't have a background in triathlon. I was held back in swimming lessons growing up, I didn't own a bike and I only ran if someone was chasing me. In my first triathlon I ever competed in, I got three flat tires, quit the race, and spent 30 minutes crying on the side of the road, waiting for the "sag wagon" to come pick me up. Not the ideal introduction to the sport. Fast forward to the present, where I've completed five Ironman and countless other triathlons. I don't say this to brag or impress you, only to emphasize that if I can do it - anybody can do it. Triathlon has changed my life and I've been privileged to coach 50+ athletes to a 98% PR rate in races ranging from 5Ks to ultra marathons to Ironmans. I've done it through my own trial and error and experiences in what works...and what doesn't. Rest assured - there are a handful of simple, yet essential, tips in triathlon that will make or break your success in the sport. In this book, you get the goods. You'll receive not only the 50 Best Tips ever for Triathlon Swimming, Biking and Running, you'll also have instant access to videos and strategies to: Increase your cycling speed 1-2 MPH immediately Prevent chronic injuries, instead of responding to them Use the 3 keys to peak performance to race your best Beat the heat with hydration and electrolyte replacement Master the setup and execution of your triathlon transitions Stay motivated in training and mentally tough in racing Fuel fat loss and optimize recovery through performance nutrition "Best in Class" equipment and apparel recommendations And much more! It doesn't matter if you're just starting out or if you're an experienced triathlete - this book will maximize your time, energy, fitness, and enjoyment in the sport of triathlon. Grab your copy now!

## Book Information

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## Customer Reviews

I purchased the Audible version of Scott's book which I highly recommend. Since Scott does the reading himself (unlike some books that are narrated by someone else), I feel like I have my very own personal triathlon coach guiding me every step of the way. This book as been such an important part of my life over the past 6 months as I finalize my journey to an upcoming half Ironman this weekend. The great advice, tips and technique enhancements for my training have really fueled my success in becoming a successful triathlete and has been a tremendous help in building my self-confidence during my training events. Scott's down to earth, matter of fact delivery, make this book useful for anyone. Regardless if you are a seasoned Triathlete or a beginner like me, you will really benefit from the guidance of this coaching and triathlon background. One key point that has really stuck with me from his book is the tip on "knowing your purpose". Remembering to reflect on the personal side of why I choose to be a triathlete has really helped me to persevere during the tough times of my training (In my case, be a cancer survivor!) He also has incredible tips for swimming, biking and running that I have been using every week since I purchased this book. The great part of the Audible version, is that I can easily recall Scott's advice while in my training - breath bi-laterally, good form on the bike, and keep my cadence up on the run. Its been great having him there as my personal coach and I am confident you will enjoy his coaching and guidance as much as I did.

While some things you may be settled on (bike, helmet, wetsuit etc.) for TRI, the information expressed is worth weighing for your next event.

Great book for newbies and also a bit seasoned triathlete. Quick reading and great tips!!!! I love the fact that they also link you to videos which you can actually see what Scott is referring to. Highly recommend book!

I found this book fabulous! Filled with information anyone interested in doing a triathlon really needs to know. It has everything from how to breath when swimming, exercises for biking, and running tips. Plus nutritional advice and the importance of your mindset. I found the videos throughout the book very helpful and interesting. This book was a great investment in my health...I am psyched about doing another tri and I am going to be referring back to this book often!

Great tips for the new and intermediate triathlete. One can always learn something from others who

have gone before you. This read provides just that.

Short chapters, easily read. Many things I already knew but I like re-reading them. Like watching a Lord of the Rings episode for the third or fourth time, I get new insights each time I open a chapter. I often try one or two of the tips per workout.

the book is nothing like a structured and comprehensive book on the topics of triathlon training. Some interesting questions and a nice reading. Is not worth to pay full price for the paper copy however.

Good all round info for the novice. I've read it thrice and I picked up something new every time.

Download it now

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