

## Fast Track Triathlete Balancing Big Life Performance

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*Zone 2 Basics: How to Build Your Aerobic Base + Get Faster By Slowing Down EXTREME out of balance wheel! How to use a wheel balancer \u0026 everything about wheel balancing! How \"normal people\" can train like the worlds best endurance athletes | Stephen Seiler | TEDxArendal Advanced Balance Staff Adjustment 3 Training Sessions To AVOID At All Costs - Ep 52. GET FAST PODCAST // IRONMAN, TRIATHLON + CYCLING 100 DAYS - PRO Triathlon Debut - Part 1 - strength training for triathletes Incredible results from 3 months of Zone 2 Heart Rate Triathlon Training **5 Tips For CORNER WEIGHTING Scale Setup [#FREELESSON] 50/50 Weight Split | Weight Balancing Ratios [#FREELESSON] Get fast, run slow with Dr. Mark Cuezzella (2:24 marathoner) How to Train Your Mind to Perform Your Best with Matt Fitzgerald: Ask a Cycling Coach | 126 Top-10 books, blogs, and resources for triathletes | EP#125 10 Hour Ironman Training Week | The Ironman Work-Life Balance 8 Essential Training Tips For Every Triathlete | Go Faster In Your Next Triathlon How to run faster without more training Triathlon Business International Conference Day 3: Matt Dixon, Head Coach of Purple Patch Fitness Purple Patch Fitness Coach Matt Dixon on the Fast-Track Triathlete How To Train For Your First Triathlon | An Introduction To Triathlon Training Fast Track Triathlete Balancing Big***

This item: Fast-Track Triathlete: Balancing a Big Life with Big Performance in Long-Course Triathlon by Matt Dixon Msc Paperback £15.30. In stock. Sent from and sold by Amazon. The Triathlete's Training Bible: The World's Most Comprehensive Training Guide by Joe Friel Paperback £16.99. In stock.

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Now Fast-Track Triathlete opens the door to your best performance in full- and half-distance triathlons in half the traditional training time. Dixon's laser-focused, effective approach to workouts, recovery, strength and mobility, and nutrition means you can prepare for triathlon's greatest challenges in just 7-10 hours per week for half-distance and 10-12 hours per week for full-distance.

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Fast-Track Triathlete: Balancing a Big Life with Big Performance in Long-Course Triathlon - Matt's new book, now available for pre-order as a signed copy. The Pillars of Performance with elite coach Matt Dixon | EP#13 - Matt's previous interview on That Triathlon Show

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Fast-Track Triathlete: Balancing a Big Life with Big Performance in Long-Course Triathlon. Amazon.com Price: \$ 19.42 (as of 10/11/2020 14:01 PST-Details) & FREE Shipping.

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Fast-Track Triathlete. Balancing a Big Life with Big Performance in Long-Course Triathlon. By Matt Dixon. \$24.95 \$17.47. Matt Dixon offers his plan of attack for high performance in long-course triathlon—without sacrificing work or life. Fast-Track Triathlete quantity.

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The following is an excerpt from Fast-Track Triathlete: Balancing a Big Life with Big Performance in Long-Course Triathlon by Matt Dixon and has been reprinted with permission from VeloPress. Working with a coach can be a smart and beneficial step to help you achieve success in triathlon. However, you must understand that the coach is not the catalyst for your success.

~~The Athlete-Coach Relationship | TrainingPeaks~~

Fast-Track Triathlete: Balancing a Big Life with Big Performance in Long-Course Triathlon by Dixon MSc, Matt. Click here for the lowest price!  
Paperback, 9781937715748, 1937715744

~~Fast Track Triathlete: Balancing a Big Life with Big ...~~

For those looking for Ironman training books, legendary pro Matt Dixon delivers the goods in his Fast-Track Triathlete: Balancing a Big Life with Big Performance in Long-Course Triathlon. Dixon delivers a revolutionary to triathlon training, as well as specifics related to recovery, strength and mobility, and nutrition.

~~20 Best Triathlon Books for Training, Inspiration, and ...~~

Fast-Track Triathlete : Balancing a Big Life with Big Performance in Long-Course Triathlon. In Fast-Track Triathlete, elite triathlon coach Matt Dixon offers his plan of attack for high performance in long-course triathlon-without sacrificing work or life.

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Developed for busy professionals with demanding schedules, the Fast-Track Triathlete program makes your PR possible in Ironman®, Ironman 70.3®, Rev3, and Challenge triathlon in about 10 hours a week. Training for long-course triathlons once demanded 15-20 hours each week-on top of work, family, travel and other time commitments.

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Booktopia has Fast-Track Triathlete, Balancing a Big Life with Big Performance in Long-Course Triathlon by Matt Dixon. Buy a discounted Paperback of Fast-Track Triathlete online from Australia's leading online bookstore.

In Fast-Track Triathlete, elite triathlon coach Matt Dixon offers his plan of attack for high performance in long-course triathlon—without sacrificing work or life. Developed for busy professionals with demanding schedules, the Fast-Track Triathlete program makes your PR possible in Ironman®, Ironman 70.3®, Rev3, and Challenge triathlon in about 10 hours a week. Training for long-course triathlons once demanded 15-20 hours each week—on top of work, family, travel and other time commitments. For many, preparing for long-distance triathlon is more challenging than the race itself. Now Fast-Track Triathlete

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opens the door to your best performance in full- and half-distance triathlons in half the traditional training time. Dixon's laser-focused, effective approach to workouts, recovery, strength and mobility, and nutrition means you can prepare for triathlon's greatest challenges in just 7-10 hours per week for half-distance and 10-12 hours per week for full-distance. Fast-Track Triathlete includes • Dixon's complete guide to creating a successful sport and life performance recipe • How to plan out your triathlon training • Scaling workouts for time and fatigue • Training and racing during travel • Executing your swim-bike-run and transitions plan on race day • 10-week off-season training program with key workouts • 14-week pre-season training program with key workouts • 14-week comprehensive race-prep full and half training plans with fully integrated strength and conditioning Dixon's first book, The Well-Built Triathlete, revealed his four-tiered approach to success in all triathlon race distances. Fast-Track Triathlete turbocharges Dixon's well-built program so even the busiest athletes can achieve their long-distance triathlon dreams without sacrificing so much to achieve them.

In The Well-Built Triathlete, elite triathlon coach Matt Dixon reveals the approach he has used to turn age-group triathletes into elite professionals and champions. Dixon's method breaks new ground in triathlon training, introducing a new, comprehensive approach that builds the whole athlete for stronger performance. Dixon details the four pillars of performance that form the foundation of his highly successful purplepatch fitness program, showing triathletes of all abilities how they can become well-built triathletes and perform better year after year. The Well-Built Triathlete does not focus narrowly on workouts and training, but instead gives equal weight to training and workouts, recovery and rest, workout and daily nutrition, and functional strength and mobility. Dixon considers the demands of career and family to prepare athletes to achieve their goals through a realistic, practical ecosystem of stress and recovery. The Well-Built Triathlete is Dixon's guide to every aspect of triathlon performance. Chapters on swimming, cycling, and running explain the most effective ways to train for each. His pragmatic approach to stretching, recovery, and effective strength training shows athletes where they can recover valuable time. A purplepatch section shows how triathletes can achieve long streaks of high performance. Dixon's whole-athlete approach to triathlon will help triathletes become greater than the sum of their workouts. By becoming better all-around athletes, well-built triathletes will train and race faster than ever.

A breakthrough program for triathletes -- beginner, intermediate, and advanced -- showing how to balance training intensity to maximize performance -- from a fitness expert and elite coach. Cutting-edge research has proven that triathletes and other endurance athletes experience their greatest performance when they do 80 percent of their training at low intensity and the remaining 20 percent at moderate to high intensity. But the vast majority of recreational triathletes are caught in the so-called "moderate-intensity rut," spending almost half of their time training too hard--harder than the pros. Training harder isn't smarter; it actually results in low-grade chronic fatigue that prevents recreational athletes from getting the best results. In 80/20 Triathlon, Matt Fitzgerald and David Warden lay out the real-world and scientific evidence, offering concrete tips and strategies, along with complete training plans for every distance--Sprint, Olympic, Half-Ironman, and Ironman--to help athletes implement the 80/20 rule of intensity balance. Benefits include reduced fatigue and injury risk, improved fitness, increased motivation, and better race results.

Raise your game and swim faster, run faster and cycle faster with The Triathlon Book, the one-stop reference for every triathlete. Find all the essentials you need to improve your performance: clear, customisable training plans for all triathlon distances from pool-based races to Ironman level. Step-by-step exercises help to build your strength and stamina, plus expert advice on race day strategy detailing everything from motivation and reducing transition times, to nutrition, kit and equipment. Tailor your training to your own individual needs with self-assessment questionnaires and customisable training plans

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so you can reach your goals. The Triathlon Book can also help when things go wrong, offering trustworthy advice on treating common triathlon injuries and maintaining a healthy body. Whether you're a novice or an Ironman, let The Triathlon Book show you how to train safely and effectively to reach your full potential as a triathlete.

Internationally recognized triathlon coach and best-selling author Joe Friel teams up with ultra-endurance guru Gordon Byrn in *Going Long*, the most comprehensive guide to racing long-course and Ironman-distance triathlons. Combining science with personal experience, Friel and Byrn prepare anyone, from the working age-grouper to the podium contender, for success in triathlon's ultimate endurance event. Whether you are preparing for your first long-course triathlon or your fastest, *Going Long* will make every hour of training count. 40 sport-specific drills to improve technique and efficiency Updates to mental training Key training sessions, workout examples, and strength-building exercises A simple approach to balancing training, work, and family obligations A new chapter on active recovery, injury prevention and treatment *Going Long* is the best-selling book on Ironman training. Friel and Byrn guide the novice, intermediate, and elite triathlete, making it the most comprehensive and nuanced plan for Ironman training ever written. *Going Long* is the best resource to break through an Ironman performance plateau to find season after season of long-course race improvements.

A New York Times bestselling author takes readers inside the Ironman triathlon. As he did so masterfully in his New York Times bestseller, *The Gatekeepers*, Jacques Steinberg creates a compelling portrait of people obsessed with reaching a life-defining goal. In this instance, the target is an Ironman triathlon—a 2.4-mile open-water swim followed by a 112-mile bike ride, then finally a 26-mile marathon run, all of which must be completed in no more than seventeen hours. Steinberg focuses not on the professionals who live off the prize money and sponsorships but on a handful of triathletes who regard the sport as a hobby. Vividly capturing the grueling preparation, the suspense of completing each event of the triathlon, and the spectacular feats of human endurance, Steinberg plumbs the physical and emotional toll as well as the psychological payoff on the participants of the Ford Ironman Arizona 2009. His *You Are an Ironman* is both a riveting sports narrative and a fascinating, behind-the-scenes study of what makes these athletes keep going..

The half-distance triathlon consists of a 1.2-mile swim, 56 miles of cycling and a 13.1-mile run. It is anything but an easy option, but it represents a fascinating challenge for any well-trained endurance athlete. The book will guide any triathlete who wishes to finish his or her first half-distance triathlon from the beginning of the preparation until race day. A particular highlight of the book is its great amount of detailed training plans. There are in-depth examples of core and peripheral training and heart-rate dependent pace levels T1-T8, which help to illustrate the year-round training recommendations. It also features advice on swimming, cycling, and running training, cross training, equipment, strengthening and stretching, typical training errors, recovery, self-motivating performance testing and motivation tips, as well as anecdotes and emotional stories from competitions. With this guide, anyone can finish their first half-distance triathlon.

Triathletes, rejoice! For the first time, USA Triathlon, its elite athletes, and the nation's most respected coaches share their secrets, strategies, and advice for every stage, every event, and every aspect of the world's most demanding sport. From training to technique, fueling to recovery, if it's essential to the sport, it is covered in *Complete Triathlon Guide*. In this guide, you'll find invaluable bike-handling techniques straight from the pros, learn how to assess running form and improve running cadence and stride, troubleshoot your freestyle swim stroke, and shave seconds off starts and transitions. And you'll go inside the sport for expert instruction and personal insights from triathlon's biggest names: Joe Friel Gordon Byrn Bob Seebohar Sage Rountree Ian Murray

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This proven program used by today's top athletes, coaches, trainers, and therapists will improve flexibility, reduce injury, and optimize performance. The new edition includes the latest research, new flexibility assessments, new stretching matrix, and dozens of the most effective stretches to personalize a program for any athlete, sport, or event.

Triathlon is certainly physically demanding, to say the least, but most triathletes would agree that it is the mental aspect that can determine whether or not they achieve their competitive goals. Resources addressing this key aspect have been hard to come by -- until now. In ""The Triathlete's Guide to Mental Training, the authors -- both accomplished sport psychologists and Ironman triathletes -- offer readers in-depth, practical information and skills they can use to build mental muscle. Readers learn first how to assess their psychological strengths and weaknesses, and then discover the six mental factors that most affect triathlon performance. The book includes essential tools for training and competition, such as routines, mental imagery, and tips on getting organized and setting goals, and also explores what it takes to be an Ironman, the unhealthy side of triathlon, and valuable lessons to be learned from the world's best triathletes.

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