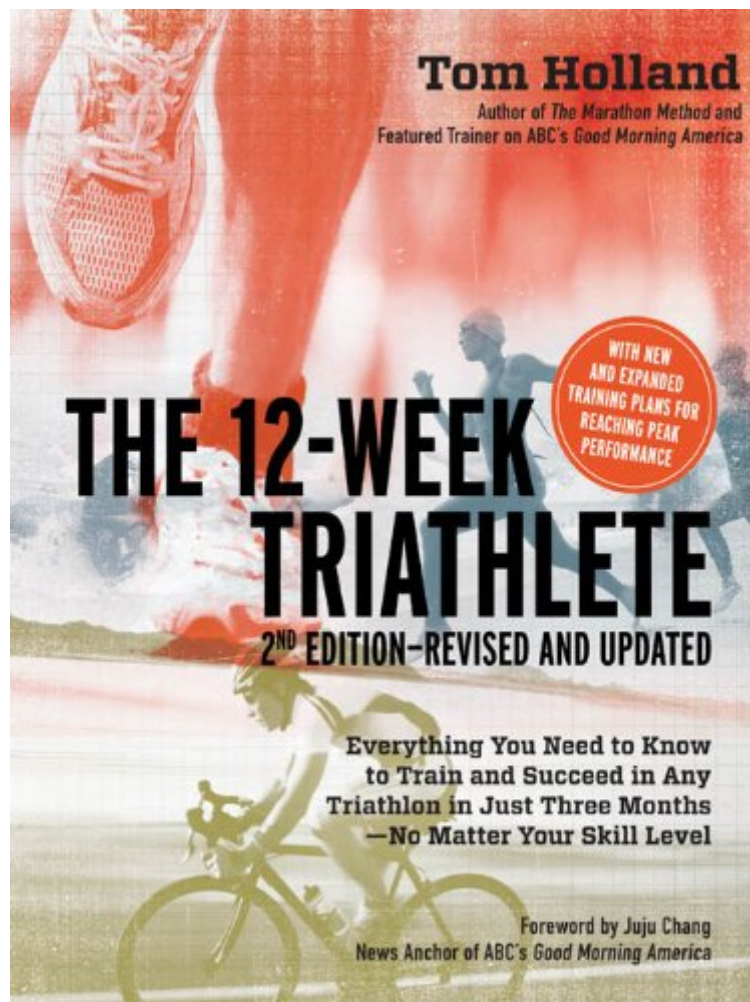


The book was found

# 12 Week Triathlete, 2nd Edition-Revised And Updated: Everything You Need To Know To Train And Succeed In Any Triathlon In Just Three Months - No Matter Your Skill Level



**Tom Holland**

Author of *The Marathon Method* and  
Featured Trainer on ABC's *Good Morning America*

## THE 12-WEEK TRIATHLETE

2<sup>ND</sup> EDITION-REVISED AND UPDATED

Everything You Need to Know  
to Train and Succeed in Any  
Triathlon in Just Three Months  
—No Matter Your Skill Level

Foreword by Juju Chang  
News Anchor of ABC's *Good Morning America*



## Synopsis

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!

## Book Information

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## Customer Reviews

Great book that helps you prepare for a triathlon! This is a BEGINNERS GUIDE perfect for people who have no, or very little experience with triathlons. It breaks down training and nutrition very well. It explains the importance of each training method or training type, as well as basic nutritional explanations. The best part is, it breaks down "dumb questions" anyone new to triathlons may have about training, nutrition and the race itself. He breaks down how the transition areas work, what you do, how best to prepare for the race the day before and on race day. His weight training section has pictures in it that show and explain well how to do the exercise properly. However, in this day and age, if you're in doubt, look it up on YouTube. There are great instructional videos, that break the movement down so that you know the do's and don't's. The training plans themselves are doable with a busy schedule (trust me, I would know!). They are easy to follow, make sense and enable you to perform well on race day. I like that he has included different levels of training (beginner, intermediate and advanced) though I doubt that any advanced people would read this book. If you read this book prior to starting a triathlon, fall in love with it, then the intermediate and advanced plans are great, but at that stage you should be able to know what works for you, and what doesn't so that you can create a well balanced training schedule that allows you to perform at your best. At that level of training, you'd be looking at pro advice and different training techniques to optimize your training. One complaint I have is that yoga is not incorporated into the schedule.

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