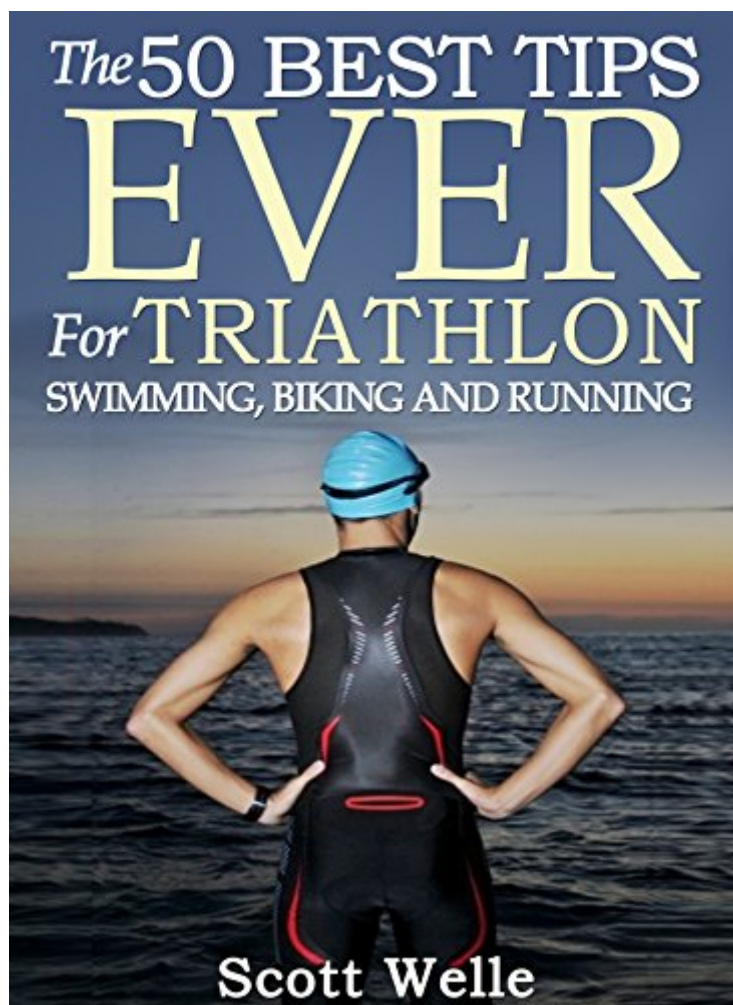


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# The 50 Best Tips EVER For Triathlon Swimming, Biking And Running (Instructional Videos Included)



## Synopsis

#1 Best Selling Book on Amazon! 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 ambulance to come pick me up. Needless to say, I don't have a background in triathlon. 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. During this time, I've coached hundreds of athletes 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. Doesn't that sound nice? Scroll Up To Grab Your Copy Now!

## Book Information

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## Customer Reviews

Scott Welle is a peak-performance coach committed to helping athletes improve their confidence and motivation, and five time Ironman triathlete himself. He founded the "Outperform the Norm" movement, and has linked this book to a number of helpful videos and resources. Different athletes will take home different pieces of advice, but as a sample this is what I noted as important for me:

For swimming:- Focus on good technique. "Practice doesn't make perfect. Practice makes permanent."

- Practice breathing with a calm rhythm holding on to side of pool-
- Prepare for the royal rumble at swim start but keep moving and confidently fight for your position and personal space-
- Practice drafting and sighting (looking only slightly up)

For cycling:- Cycle at 90-100 RPMs cadence with hardest gear possible rather than grinding the gears and wearing out-

- Relax the upper body and engage the core-
- Tuck the head and keep your helmet tail back-
- Practice single leg drills (20-45s) to balance out dead spots-
- Use EHIs (excruciatingly hard intervals) (every ride, 4-8 x 40s in big gear, 2 mins recovery)-
- Focus on applying weight to pedals (not seat or bars), especially 1-4 o'clock-
- Cleats back a bit holds your calf in a more fixed position and offers more power but lower cadence, further forward means higher cadence but less power

"experiment with what is right for you."

For running:- Be careful as running is where you are most likely to get injured. But injuries come not from running but from running wrong, so minimize impact forces.

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Swimming: Swimming Made Easy- Beginner and Expert Strategies For Becoming A Better Swimmer (Swimming, Swimmers Guide, Swim Strokes, Swimming Better)

Moon Bay Area Biking: 60 of the Best Rides for Road and Mountain Biking (Moon Outdoors)

Moon Northern California Biking: More Than 160 of the Best Rides for Road and Mountain Biking (Moon Outdoors)

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