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By Adam Hodges



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The Triathlete's Training Guide starts with a simple premise: to excel in your athletic goals you need to train with a purpose. Training with a purpose means knowing why you are doing a particular workout and how that workout fits into your overall progression toward your goals. This do-it-yourself guidebook provides you with a complete toolkit to help you train with your end goals in mind. The step-by-step approach outlines a simple method to build your fitness from the ground up and peak for your target races. It shows you how to create a training plan, measure and monitor your training intensity, and schedule your weekly training. As you implement your training, draw from the detailed workout library and training plans included in the book. With chapters dedicated to functional strength training, recovery and nutrition, and key concepts from exercise science, you have everything you need to know to take the guesswork out of training.



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Editorial Review

About the Author

Adam Hodges, PhD, is a multisport athlete and coach with credentials from USA Triathlon and the American College of Sports Medicine. In addition to coaching multisport athletes, he has coached high school cross country and track runners in California and masters swimmers in Colorado. As a USAT All-American triathlete, he has competed in the ITU World Triathlon Championships, the ITU World Duathlon Championships, and the Ironman World Championships in Hawaii. As a masters runner, he has won a series title in the XTERRA SoCal Trail Series. He began running and competing in triathlons in his youth and enjoys passing on the knowledge and experience he has gained over the years to both new and experienced athletes seeking to maximize enjoyment, competitiveness, and longevity in the sport.

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