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Strength Training for Triathletes: The Complete Program to Build Triathlon Power, Speed, and Muscular Endurance

By Patrick Hagerman Ed.D.



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Strength Training for Triathletes: The Complete Program to Build Triathlon Power, Speed, and Muscular Endurance By Patrick Hagerman Ed.D.

Strength Training for Triathletes offers a comprehensive strength training program for triathlon that will help triathletes build power, speed, and muscular endurance for faster racing over any race distance.

Certified USA Triathlon coach and NSCA Personal Trainer of the Year Patrick Hagerman, EdD, reveals a focused, triathlon-specific strength training program that will enable triathletes to push harder during training and on the racecourse when the effort is hardest. Triathletes who master this progressive strength training program will also become more resistant to injury, meaning fewer missed workouts.

Strength Training for Triathletes features 75 of the most effective strength training exercises for triathlon swimming, cycling, and running plus core strength and general conditioning. Full-color photographs illustrate each simple exercise, and exercises are grouped so athletes can focus on their own individual performance limiters. Hagerman simplifies the science underlying strength training, offering easy-to-follow guidelines on resistance and reps that will make triathletes stronger through every phase of the season.

Strength Training for Triathletes develops these abilities in triathletes:

- More powerful, longer-lasting muscles
- Resistance to fatigue and injury
- Improved body composition with stronger, leaner muscle mass
- Better performance without added bulk

New in this second edition are sample strength training programs for the most popular triathlon race distances and for each of triathlon's three sports, full-color photographs showing detailed body positions for each exercise, several new exercises, new indexes that specify body-weight exercises and weighted exercises, an exercise log template to track your goal weights, and a new index to improve usability.

Strength training often separates the top performers in triathlon from the middle of the pack. Even small improvements in muscle strength can add up to big race

results. *Strength Training for Triathletes* makes it simple for triathletes of all levels to get stronger and race faster.

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Editorial Review

Review

"*Strength Training for Triathletes* shows how adding strength training to your exercise program can yield significant performance results." • -- **Triathlete magazine**

"A comprehensive guide to developing and following a well-rounded strength program." • -- **USA Triathlon magazine**

"A user-friendly manual with sport-specific exercises offered with clear step-by-step instructions and photographs for the mainstream triathlete" "This is a quick read reference guide that is deceptively simple and nuanced enough to" "keep strength training interesting." • -- **Triathlon Magazine Canada**

"Hagerman cuts through the fads and latest trends to bring you proven, triathlon-specific techniques. Any triathlete looking to build endurance, speed and power will benefit from *Strength Training for Triathletes*." • -- **TriEdge.net**

"*Strength Training for Triathletes* is easy to follow and light on jargon. All the basic principles are clearly explained without smothering you in sports science--it's a refreshingly simple approach that leaves you free to concentrate on the exercise rather than the book. Essential reading for anyone mystified by what to do in the gym." --**Tri247.com**

From the Back Cover

STRONGER MUSCLES LAST LONGER

TRIATHLON'S BEST-SELLING BOOK ON STRENGTH TRAINING

Stronger triathletes bring more power, speed, lean mass, and muscular endurance to race day. While time is a precious commodity for every triathlete, every bit of time spent strength training pays off. Add strength training to your triathlon preparation and become a stronger, faster, more resilient athlete.

Strength Training for Triathletes helps you line up a strength program focused on your individual needs. Whether you want to increase endurance on the swim, find more power on the bike, or fight fatigue on the run, the sport-specific exercises featured in this book make it easy to target your training for improved performance in any or all of the three events. Every exercise is clearly explained and fully illustrated, taking the guesswork out of good technique.

Many triathletes overlook strength training until race times begin to atrophy or muscular imbalances and weaknesses turn into setbacks. A personalized strength program is the answer. If you have your sights set on racing faster and farther in the season ahead, strength training will get you there.

Endurance, strength, and power are the keys to triathlon. *Strength Training for Triathletes* is your complete resource for building and balancing all three for superior performance season after season.

Get the advantage of a personalized strength program in as few as 90 minutes a week:

- Improve endurance, build muscle, or increase strength and power
- Focus your training on one event, or build an all-around program
- Target imbalances with exercises for specific muscle groups
- Create workouts for home and travel using minimal equipment
- Find the perfect mix of core, upper-body, and lower-body exercises for total body strength

About the Author

Dr. Patrick Hagerman, EdD, FNSCA, CSCS, NSCACPT, has established himself as an authority on the topic of strength training through his experience as a professor of exercise and sports science, a coach, and a personal trainer. Starting as a collegiate strength and conditioning coach, Hagerman went on to coach for USA Weightlifting and USA Triathlon and to serve on the USA Triathlon Coaching Commission.

Hagerman is a fellow of the National Strength and Conditioning Association (NSCA), a past member of its board of directors, and a recipient of the 2002 NSCA Personal Trainer of the Year award.

Hagerman has written six other books on fitness and strength training, contributed to numerous textbooks, and published more than 30 articles on strength and conditioning. For over 25 years he has competed in triathlon, cycling, windsurfing, and adventure racing.

Users Review

From reader reviews:

Ruth Ward:

Why don't make it to be your habit? Right now, try to prepare your time to do the important work, like looking for your favorite guide and reading a publication. Beside you can solve your long lasting problem; you can add your knowledge by the reserve entitled Strength Training for Triathletes: The Complete Program to Build Triathlon Power, Speed, and Muscular Endurance. Try to make the book Strength Training for Triathletes: The Complete Program to Build Triathlon Power, Speed, and Muscular Endurance as your close friend. It means that it can for being your friend when you sense alone and beside regarding course make you smarter than previously. Yeah, it is very fortunated for yourself. The book makes you far more confidence because you can know every thing by the book. So , let us make new experience in addition to knowledge with this book.

Erica Clark:

A lot of people always spent their own free time to vacation or perhaps go to the outside with them loved ones or their friend. Did you know? Many a lot of people spent they free time just watching TV, or maybe playing video games all day long. If you wish to try to find a new activity here is look different you can read a new book. It is really fun for yourself. If you enjoy the book you read you can spent the entire day to reading a publication. The book Strength Training for Triathletes: The Complete Program to Build Triathlon Power, Speed, and Muscular Endurance it is rather good to read. There are a lot of folks that recommended this book. These were enjoying reading this book. If you did not have enough space to deliver this book you can buy the actual e-book. You can m0ore effortlessly to read this book from a smart phone. The price is not too expensive but this book provides high quality.

Kathryn Bowen:

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Ryan Connors:

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