



Triathlon Training Basics

Gale Bernhardt

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Triathlon Training Basics contains all the information that new triathletes need in order to successfully complete a sprint or an Olympic distance triathlon. Written by Gale Bernhardt, Triathlete columnist, member of the USA Triathlon 2004 Olympic Team Selection Committee, and certified Elite Level Triathlon and Cycling Coach trainer, the book contains detailed training plans that are tailored to different levels of fitness in each of the swim, bike, and run categories. Strength training and stretching portions are included to illustrate proper form and the last chapter deals with injury prevention and treatment.

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