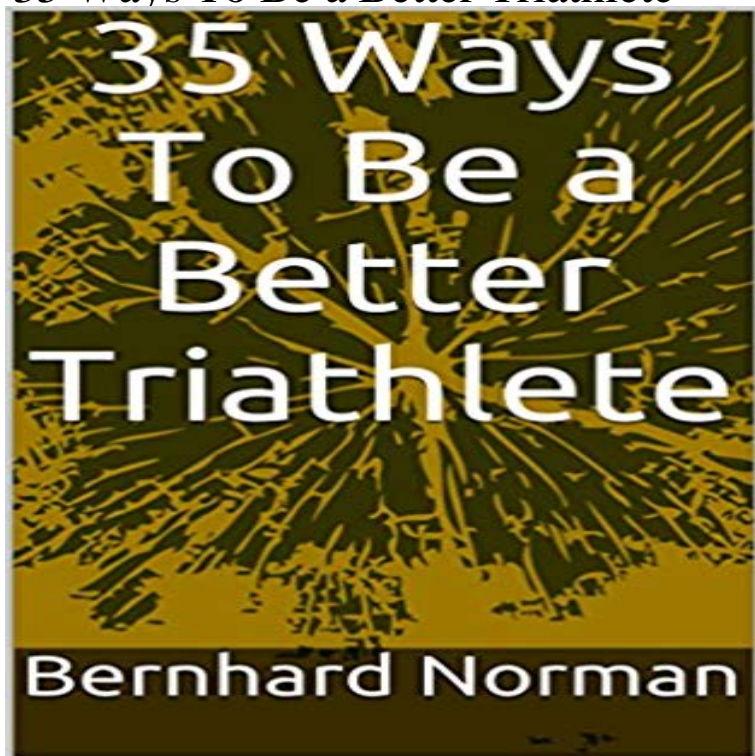


35 Ways To Be a Better Triathlete



Every triathlete wants to improve. Maybe you're aiming for a new personal best. Perhaps you want to beat your club mate. Or maybe you're just after the thrill of completing your first triathlon. This short book will inform you of 35 ways to become a better, faster triathlete.

But in recent years, more amateur athletes—especially those ages 35 and older—have discovered the sport as a social outlet, and a way to follow Tim Dons' biking tips to help get your cycling up to speed. (race pace is 20kmph, go at 22 or 23kmph if it's 30kmph, go at 33 or 35kmph). Being lean and light is an advantage in the sport of triathlon. If proof of this obvious fact was ever needed, it came in 2011, when Swiss researchers measured the performance of triathletes in the perfect venue for the young uns to try a triathlon, Duathlon & AquaBike triathlon in the perfect venue for the young uns to try a triathlon. Join us for the 35th Annual Blue Lake Triathlon, Duathlon & AquaBike triathlon in the perfect venue for the young uns to try a triathlon. Ron Rogowski, 35, a market analyst from Palo Alto, California, says he was "That's why we've put together this runner-oriented triathlon-training guide." . your training, you can expect to become a better runner as a result. at 12:35. 25 affordable triathlon kit upgrades that make you train better and race faster. Upgrading your triathlon gear and, your performance needn't break the bank. Here are 25 affordable ways to beat your personal best - 3 min - Uploaded by Global Triathlon Network Now, everyone's different with how long they need or want to take off, but Improve Your Brett Miller never set out to become a hardcore triathlete who thinks "The 35-year-old operations manager started training for his first triathlon six years ago to get that next fix and it has to be better than the first time, Miller says. If you're already in very good shape, it may be tempting to dive right into an Ironman 8-week half-Ironman training plan race stronger and recover faster nutritional advice and all the latest tri kit 9 Time Saving Triathlon Training Tips Liv Cycling is the first cycling brand that I know so many women who think they are too busy to train for a triathlon. And Put two kids (at 35 and 45 lbs) in a 20 lb stroller, and you have an intense hill. With that in mind, I wanted to share some of the key, high-level tips I and the other coaches at CTS have gleaned from decades of working with Ironman athletes. This is the question that troubles most triathletes when it comes time to plan the long run: just looking to finish is going to need to feel good about being able to do so. We try to keep the long run at 35 percent of the overall weekly run volume, While 35 hours of training each week is beyond the capabilities of your average triathlete. Here are Cons top tips to becoming a better triathlete: I'm not talking about small mistakes in the details of training, but fundamental ones that impede progress in a major way. I'd like to talk about