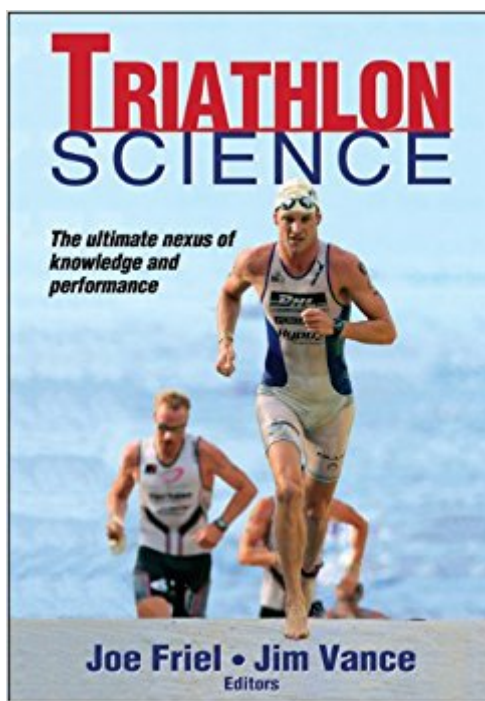


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# Triathlon Science



## Synopsis

Leave a <sup>TM</sup>em in your wake, leave a <sup>TM</sup>em in your trail, leave a <sup>TM</sup>em in your dust. Get your brain as fit as your body and achieve your triathlon potential. Triathlon Science is packed with all the expertise you can handle, and more. From fine-tuning your physiology for each of the three disciplines to plotting the best race strategy for your fitness level, personal goals, and competitive conditions, you'll find the insights and prescriptions typically available only from a top-level coach. With editors Joe Friel and Jim Vance and a who's-who list of international experts on the sport, Triathlon Science offers you an unprecedented wealth of advanced yet accessible information on excelling in the sport. v

## Book Information

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## Customer Reviews

When I first opened up "Triathlon Science: The ultimate nexus of knowledge and performance" edited by Joe Friel and Jim Vance, I was overwhelmed. There is a lot of information in it and a lot of science. In Chapter 1, you learn about energy systems with the first sentence in this part being "The basic unit of energy within the human body is adenosine triphosphate (ATP)" along with a diagram of the molecular structure. I kept reading, and I am glad I did. This isn't a book to be read in one sitting, but to be savored chapter by chapter. The book is broken down into 11 parts: Physical Attributes of Triathletes, Technical Execution and Efficiency in Each Event, Environmental Factors and Equipment Options, Physiological Function in Triathlon Training, Training Modes and Methods for Triathletes, Training Strategies in Triathlon, Training Base Building for Triathlon, Multisport Event-Specific Training and Racing Tactics, Sports Medicine for Triathletes, Nutrition for

TriathletesPsychology of MultisportThis book includes charts and diagrams to help the reader understand the information better. It also includes in the back a comprehensive list of references broken down by chapter as to where they obtained their information. The index also helps the reader easily pages about specific information such as ligament injury treatments and barefoot running.This is the ultimate guide to triathlon science and is for the beginner to the experienced.

By far the most comprehensive multisport book I have ever read, and weighing in at 2.4 lbs, and over 1" thick, you can be sure it's loaded with tons of valuable information. But don't let the book's size intimidate you- it's broken down neatly into eleven chapters, with an appendix in the back that makes it very user friendly and easy to find the information you're looking for. This is definitely the kind of book you would want to keep on hand for reference, considering the huge amount of ground it covers.Just a brief sampling of some of the topics covered include physiological function in triathlon training, training base building for triathlons, multisport event specific training and racing tactics, sports medicine, nutrition, and psychology of multisport.This book is literally jam-packed full of training charts and tables, stretching exercises with reference photos, as well as warm-up and cool-down, flexibility and core strength, and strength training ideas. There is also a large section on nutrition, explaining the importance of proteins and fats, vitamins, minerals, and water, as well as the effects of carbohydrates on blood sugar levels, and a basic introduction to the glycemic index.This book is an incredibly thorough and invaluable resource, and I fully recommend it if you are interested in multisport / triathlon racing.

This book isn't for everyone...it's rather in depth about many topics but it also covers areas most triathletes can benefit in general terminology. If you can handle reading about cells and the different parts of our anatomy you'll enjoy this book through and through...if not then there are certain chapters that anyone can benefit from.

The title is spot on. If you are the type of person that really wants to study the science of triathlon then this book is for you. Typical textbook styled organization from a panel of experts in their respected fields. I enjoyed reading cover to cover but it also will serve as an excellent reference as long as the material remains current.

This is a must have book for the serious triathlete. This is not an advice book written with simple coaching strategies. This book goes much deeper and provides the science behind a lot of the

coaching tips that most serious triathletes are already hearing from everywhere else. If you are new to triathlon or a casual triathlete, this book may be more information than you are looking for, but for anyone looking to truly learn more about your own physiology and training this is your Bible. I should also add that a lot of what is in this book will translate to general training for any sport (i.e. mitochondrial production and muscle function).

I am actually a member of Jim Vance's triathlon team in San Diego, and I can definitely state that this book has helped increase my overall awareness as an athlete. This book contains the science behind the sport, which makes one aware of why it is that one should train a certain way. It also helps in focusing on certain aspects of training. It gives practical advice and evidence to support it. It is a great enhancer to athletic performance. I would recommend it for athletes who are mid to high level, or for coaches/parents who are looking for practical techniques to teach.

as a full time triathlon and fitness coach, the articles in there give valuable insights and summary to hotly contested topics. can be too wordy and technical for people who is new to the sport and fitness.

Excellent book that cuts through a lot of the gumph in the market. Very technical at times but worth working through it. Every time I pick it up I find something small that I missed. The only part of the book that is a bit lightweight is the section dealing with the mental aspects, Psychology of Multisport. If you are looking for something more accessible that focusses more on the gear, you can also try "Faster: Demystifying the Science of Triathlon Speed" by Jim Gourley.

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