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Triathlon - the Go Faster Guide: How to make yourself a quicker triathlete

Mark Barfield

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Whether you've completed a single discipline, a few events or are already a seasoned triathlete, your goal is the same - to be better. *Triathlon - the Go Faster Guide* will smarten up your training, improve your technique and help you set out a plan to bring down your race times.

Learn how to:
goal set effectively
hone your technique across the separate disciplines - including transition
timetable your sessions
plan your training in the medium and long term
eat and drink right to race at your best
analyse your performance to prepare for the next event.

You can become your own expert coach. This smart guide will push you ahead of the pack in one of the world's fastest growing and most demanding sports. Within these pages are the tools, insights and strategy to achieve your goals - faster.

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