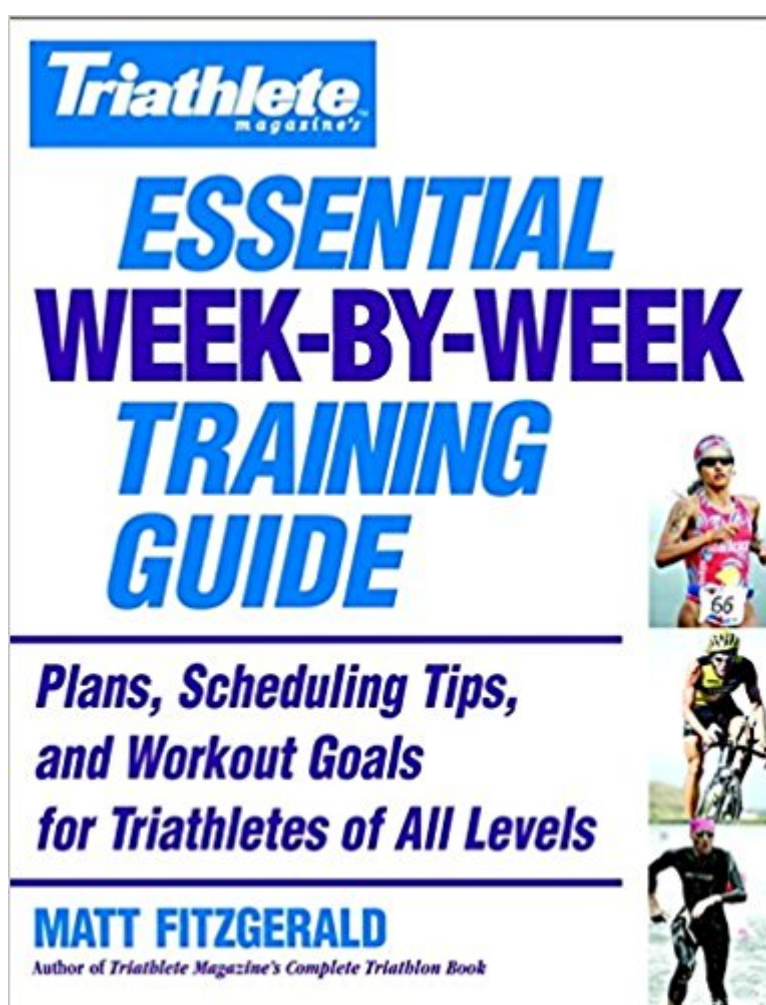


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# Triathlete Magazine's Essential Week-by-Week Training Guide: Plans, Scheduling Tips, And Workout Goals For Triathletes Of All Levels



## Synopsis

From Triathlete magazine - the most popular and extensive source for triathlon information - comes this guidebook of weekly training plans for triathletes of all skill levels.

## Book Information

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## Customer Reviews

Matt Fitzgerald is a widely published sports and fitness journalist.

This appears to be a great training guide. I have only just started training with it, but I have reviewed the entire book, and am pleased so far. I will update this review once I finish my first race with it in April of 2017. In the meantime, here are my observations. This is a comprehensive training guide. It includes over 40 training plans for beginners planning their first sprint tri, to veterans/pros who are training for their 10th ironman. There are several training plans for each race length, and each plan within a race category is geared toward how serious you are about placing, and how much time you have to train. In other words, just about everyone is going to find a good training plan for their unique circumstances. I am also impressed with the variety of workouts. The mid-level Olympic plan I have focused on appears to include a solid variety of workouts to build endurance, power, and speed in all three disciplines. The plans are all written in codes, so you have to flip back and forth in the book to read each day's workout. This is going to take some time, but is probably necessary given the number of plans included in the book. Some minor critiques - (1) the codes are not listed in one table...there are a half dozen or so code tables spread throughout the book. I have found that you must consult multiple code tables in different parts of the book to find all the codes. This results

in a lot of time just searching for a table that includes the code you are looking for. In future editions, the author should consolidate all of the codes into ONE table at the end of the book so that they are all in one place; (2) a couple of the codes are either only described in the text (and not in the tables) or are missing from the book entirely. Major kudos to the book's author, however, who responded to multiple emails from me providing information on the missing and hard to find codes. He responded within 24 hours!!! Here is what I found: CDS = Cycle Drill Set and is described on page 420 (but not in any of the code tables) RDS = Running Drill Set and is described on page 419 (but not in the code tables) SPS = Swim Pull Set (this one is not defined anywhere in the book). The author said to use the same distances as SKS (swim kick set) Overall, this book appears to contain a long list of promising and comprehensive training plans for athletes of all levels and interests - especially with an author who is so responsive to questions.

This book is not a good book for busy people. It's great that there's so many plans but I have to literally "decode" each week's plan before I can do it or else spend time every day decoding the day's plan. Each training plan is a series of codes developed just for this book. A swim workout may contain a list of 5-6 codes and you have to consult another page to figure out what each one means. I decoded the first 4 weeks of my plan and I don't see why the author couldn't have just create a book of easy-to-use plans. This is ridiculous. Update: I've spent a few hours "decoding" a half ironman plan (time that I should probably have spent training). Overall, the plan wasn't bad but there were several errors throughout. One common error was that the "code" (e.g. "STI2") was not found in the quick reference section for my level/race and I had to search for the code in a difference reference section or infer what the code was by looking at the other "STI" codes. Another common error was incorrect addition: many of the swim workouts don't add up properly. (The total would say 2100 but the actual total would be 1800). I have an IM race coming up next and I'm looking for a different plan.

This is by far one of my best purchases! Eleven weeks ago, I started training for my first sprint triathlon using the Level 1 plan. I have since moved up to the Level 4 plan since my endurance increased faster than I thought it would. The sprint plans give you Monday off with 2 swims, 2 bikes and 2 runs the remainder of the week. It is extremely easy to follow and has significantly increased my endurance and fitness. I went from not working out hardly at all to doing hour plus workouts with ease. I have dropped 6 pounds using the plan, have new muscles that I haven't seen in 20 years and am more than confident that it will prepare me for my first sprint triathlon in 1.5 weeks. I have

already signed up for an August olympic length triathlon and plan to use another plan within the book. I really can't recommend this book enough!

Excellent training book, I have tried to write my own plans before but they never seem to work the best for me. Just good enough to finish. This book has 40 plans from sprint-ironman distance and levels 1-10 within each distance plan. Deffiently worth the money!!!

I like the varied format of this book. If you are a true beginner, the first level might be a little ambitious off the bat, so modify it accordingly. Also, it's a real pain to flip back and forth trying to figure out what the codes mean. Finally, I would love to see this book spiral-bound, so it would be easier to work with. And maybe a companion app so you can calendar your workouts. I'd pay extra for that.

Really wish I would have sat down with this book when I could still return it. If all you're doing is training for a triathlon and have nothing else going in your life it's a great book. But, if you have full time life in addition to training it's not for you. You have to decipher a code for what each workout entails. It does give you several different levels for each distance which is nice but very monotonous and time consuming to figure out each workout.

Used this for my first sprint triathlon Worked great. Currently using it to train for my first olympic. Until I decide that I want to invest more money and actually hire a coach, I will probably just continue using the terrific, easy-to-use plans in here.

I had actually already got this book from the Library but wanted a copy for myself. it's very good. It allows you to train by "feel". Each Tri Distance has levels 1-10 so you start off where you think you are and go up and down depending on how you're coping with the hours of training. Very good. I'm using it instead of a coach as it allows more flexibility but still a base structure to work from.

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