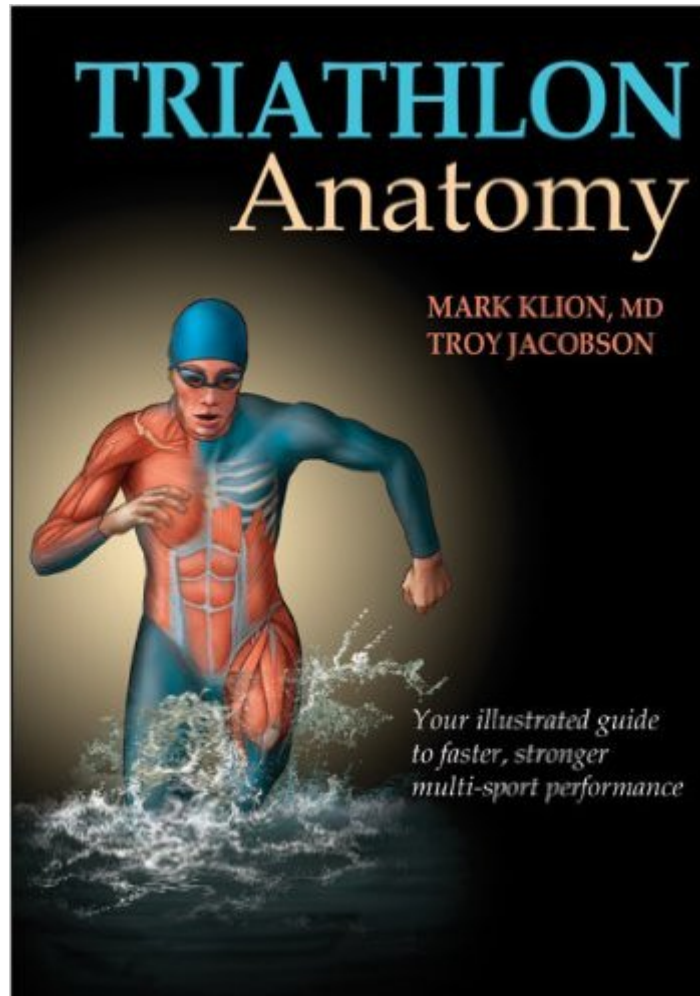


The book was found

# Triathlon Anatomy



## Synopsis

See what it takes to maximize multisport strength, power, speed, and endurance. Triathlon Anatomy will show you how to improve your performance by increasing muscular strength and optimizing the efficiency of every movement. Triathlon Anatomy features 82 of the most effective multisport exercises with step-by-step descriptions and full-color anatomical illustrations highlighting the muscles in action. But youâ€™ll see much more than the exercisesâ€”youâ€™ll also see their results.

Triathlon Anatomy places you at the starting line and into the throes of competition by fundamentally linking each exercise to multisport performance. Youâ€™ll see how to strengthen muscles and increase stamina for running across various terrains, cycling steep inclines, and swimming in open water. Youâ€™ll learn how to modify exercises to target specific areas, reduce muscle tension, and minimize common injuries. Best of all, youâ€™ll learn how to put it all together to develop a training program based on your individual needs and goals. Whether youâ€™re training for your first triathlon or preparing for your sixth Ironman, Triathlon Anatomy will ensure youâ€™re ready to deliver your personal best. v

## Book Information

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## Customer Reviews

Of all the areas related to triathlon performance, anatomy is probably the one in which I am weakest. So as soon as I heard about this book I was keen to see whether it could help me out as both a coach and, increasingly, injured age-group triathlete. In particular, I was hoping it would be helpful for busy coaches who don't have a sport science or physiotherapy background but who are keen to learn and apply the basics around anatomy and injury prevention/rehabilitation. This book

didn't disappoint me. The uncluttered layout and clear illustrations of muscles, tendons, and ligaments used during each of the three disciplines and strengthening exercises - 82 of them! - make it a practical easy-to-follow guide for coach and triathlete alike. For example, Chapter 5 is on shoulders. The first two pages include short sections on 'Bony Anatomy of the Shoulder', 'Ligaments of the Shoulder', 'Muscles of the Shoulder', and 'Major Movers', and these are complimented by illustrations of key anatomical structures. There are then 12 pages of illustrations and descriptions of key exercises. This format is also applied to arms, chest, core, back and neck, legs, whole-body training, and injury prevention. In addition, there are introductory chapters on 'The Triathlete in Motion', 'Cardio Training', and 'Creating a Customised Training Plan'. These will be of interest to people who are new to the sport of triathlon but for experienced triathletes and coaches they can easily be skipped without reducing the value of the information which follows. At the end of the book is an index ('Exercise Finder') of all the exercises in the book and the pages they can be found on.

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