



Training Plans for Multisport Athletes: Your Essential Guide to Triathlon, Duathlon, Xterra, Ironman & Endurance Racing

Gale Bernhardt

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Gale Bernhardt's training plans have helped tens of thousands of self-coached athletes to reach their multisport goals. Every detail of how to train for a triathlon of any distance, an off-road triathlon, or a duathlon is packed into this essential book, including plenty of swim, bike, and run workouts to keep training fresh and breakthrough workouts to make training more rewarding.

Bernhardt's unparalleled coaching experience is the basis of her proven training methodology, which she applies to each of the 15 unique training plans, removing the hassle of creating a plan from scratch.

The second edition includes:

- Easy tips on modifications that allow triathletes to further personalize the plans according to their needs.
- A new chapter on 13 Weeks to a Sub-13 Hour Ironman ®
- 8 training plans requiring only 5-10 hours of training each week.
- 5 training plans to go farther--3 training plans for finishing an Ironman and 2 plans for finishing a half-Ironman race.

Training Plans for Multisport Athletes has a challenge to suit everyone, from beginners to accomplished triathletes, for those who are short on training time and those who are training for a faster time.

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