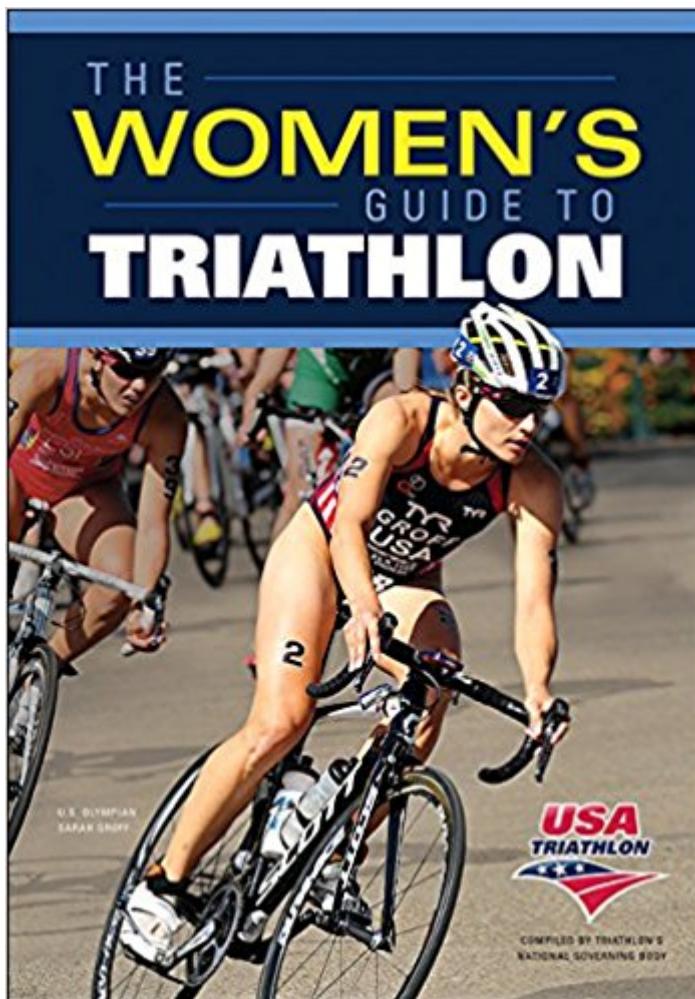


The book was found

Women's Guide To Triathlon, The



Synopsis

The Womenâ™s Guide to Triathlon is the definitive companion for female triathletes. Authored by the national governing body of the sport, USA Triathlon, this landmark resource features expert instruction and personal insights from 20 of the worldâ™s top female coaches and athletes: Rachel Sears Casanta Sarah Haskins Stacy T. Sims Siri Lindley Sage Rountree Sara McLarty Lindsay Hyman Margie Shapiro Melissa Mantak Tara S. Comer Melissa Stockwell Krista Austin Gale Bernhardt Wendy Francke Rebeccah Wassner Laurel Wassner Shelly Oâ™Brien Melanie McQuaid Celeste Callahan Brenda Barrera With the latest research, proven techniques, and expert advice, this authoritative guide addresses the unique demands of todayâ™s female triathletes. Youâ™ll find the most effective strategies for training and competing through all of lifeâ™s stages; avoiding and overcoming common injuries; and balancing the constant demands of the sport, family, and work. For women, by women, The Womenâ™s Guide to Triathlon is the one guide that every female triathlete should own.

Book Information

Paperback: 288 pages

Publisher: Human Kinetics (June 12, 2015)

Language: English

ISBN-10: 1450481159

ISBN-13: 978-1450481151

Product Dimensions: 6.9 x 0.8 x 9.8 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 6 customer reviews

Best Sellers Rank: #328,436 in Books (See Top 100 in Books) #37 in Books > Sports & Outdoors > Miscellaneous > Women in Sports #53 in Books > Health, Fitness & Dieting > Exercise & Fitness > Triathlons #84 in Books > Sports & Outdoors > Individual Sports > Triathlon

Customer Reviews

USA Triathlon is the national governing body of triathlon and other multisport disciplines in the United States. The organization is the sanctioning authority for more than 4,300 diverse events ranging from grassroots to national championship races across the country. The organization works to create interest and participation through a variety of programs, including camps, clinics, races, and educational opportunities. USA Triathlonâ™s nearly 500,000 members are athletes of all ages, coaches, race directors, officials, parents, and multisport enthusiasts, all of whom contribute to the

success of the sport in the United States. USA Triathlon is responsible for the identification, selection, and training of elite triathletes who represent the United States in international competition, including International Triathlon Union (ITU) World Championships, Pan American Games, and the Olympic and Paralympic Games. USA Triathlon also fosters grassroots expansion of the sport, which is facilitated by the sanctioning of age-group events and triathlon clubs around the country. In addition to local races in all 50 states, USA Triathlon hosts national and regional championships for triathletes ages 7 to 80-plus. USA Triathlon strives to expand and inspire the triathlon community while providing the resources required for all involved to reach their potential. Tara S. Comer is the chair of the USAT Women's Committee, which leads national efforts to support and create opportunities for women in triathlon while increasing their influence in the sport across the country. A triathlete for more than 15 years, Comer became a USAT-certified coach in 2008. She cofounded the Triathlon Club of New England in 2010, serving as its president and coach for three years. Since its creation, the club has grown to more than 200 members. Comer is also a 500-hour certified yoga instructor and combines her practice with her coaching to create innovative training programs that use the mindâ "body connection to improve performance, mental strength, and achievement in triathlon. In addition to being a leader in the multisport community, Tara is the creator of WomenRYSE, an innovative program that helps women take ownership of their health and fitness for life. Through this program, Tara has begun to create powerful social change and build a sustainable, supportive womenâ "TMs health community.

Wish there was more solid information w/r to women triathletes in menopause/over 50.

For the novice, pro and everyone in-between. Anyone can appreciate the advice and recommendations made in this book. Love it!

Great info, easy to read

Fabulous!

Women who participate in a triathlon on a regular basis have a unique set of issues and problems at all stages of their lives. This book addresses those issues and problems from the young to menopause and beyond. Moreover, it provides all the latest research and the advise of authoritative experts plus you'll get proven techniques for your events. In other words, you'll get the competitive

edge when you read the book. It tells you what to expect in each event and how to prepare for it. Also, you will discover how to recover in your own unique situation. This is not a one size fits all book but rather one that helps you to create your own personal plans, techniques and style. And, there's even a section on starting children on triathlon. Highly recommended.

USA Triathlon. The Women's Guide to Triathlon. Champaign: Human Kinetics, 2015. Print. There are eighteen chapters in this book, each authored by a female writer or writers who are themselves triathletes and/or coaches and experts in swimming, biking, running or nutrition. Many black & white photographs using female athletes demonstrating proper form are included in the book. Chapters discuss mental training, nutrition, running, swimming and biking techniques, traveling to races, training plans from sprint races to a Δ Δ Ironman distance, off-road triathlons and more. Novices will find the chapter on triathlon gear especially helpful. All triathletes can benefit from the tri-specific strength training exercises in chapter two and alternative exercises for triathletes in chapter five. Chapter three, on nutrition, has important information specifically for women. Included is; eating properly to recover from workouts, the influence of the menstrual cycle, estrogen levels, proper protein and carbohydrate levels, the timing of when and what to eat while training and sample menu plans. All female athletes would benefit from reading this chapter. This book will be helpful for triathlon coaches and athletes, whether the athlete is just beginning in triathlons or has extensive experience in the sport.

[Download to continue reading...](#)

IronFit Triathlon Training for Women: Training Programs and Secrets for Success in all Triathlon Distances The Complete Guide to Triathlon Swimming And Training: Discover How To Quickly And Easily Swim Faster And More Efficiently, Overcome Your Fears, And Have Your Best Triathlon Yet IronFit Secrets for Half Iron-Distance Triathlon Success: Time-Efficient Training For Triathlon's Most Popular Distance Women's Guide to Triathlon, The Attract Women: Be Irresistible: How to Effortlessly Attract Women and Become the Alpha Male Women Can't Resist (Dating Advice for Men to Attract Women) Attract Women: Unlock Her Legs: How to Effortlessly Attract Women and Become the Man Women Unlock Their Legs For (Dating Advice for Men to Attract Women) Attract Women: Δ Δ Hey Δ to Lay: The 7 Steps to Approaching Women, Unlocking Her Attraction Δ and Her Legs (Dating Advice for Men on How to Approach Women and Attract Women) Training Plans for Multisport Athletes: Your Essential Guide to Triathlon, Duathlon, Xterra, Ironman & Endurance Racing Complete Triathlon Guide Swim, Bike, Run, Eat: The Complete Guide to Fueling Your Triathlon Amaze Yourself: A Guide to Completing Your First Iron-Distance Triathlon The Complete

Guide to Sprint Distance Triathlon Training Fast-Track Triathlete: Balancing a Big Life with Big Performance in Long-Course Triathlon You Are an Ironman: How Six Weekend Warriors Chased Their Dream of Finishing the World's Toughest Triathlon Triathlon 2.0: Data-Driven Performance Training Triathlon Swimming Made Easy: The Total Immersion way for anyone to master open-water swimming Strength Training for Triathletes: The Complete Program to Build Triathlon Power, Speed, and Muscular Endurance Your First Triathlon, 2nd Ed.: Race-Ready in 5 Hours a Week Triathlon Science Going Long: Training for Triathlon's Ultimate Challenge (Ultrafit Multisport Training Series)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)