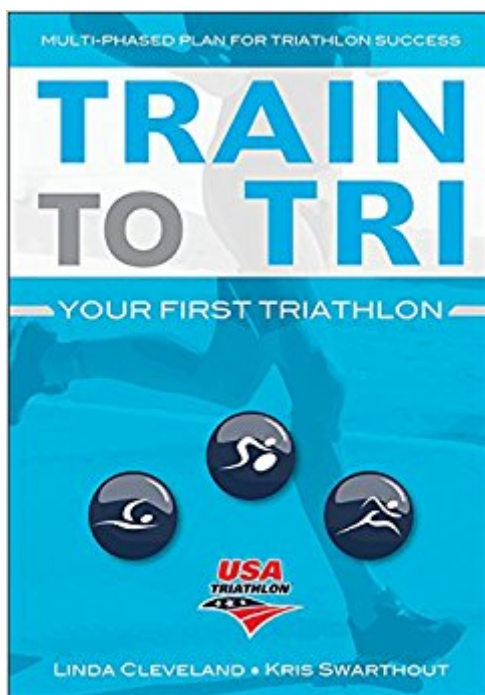


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# Train To Tri: Your First Triathlon



## Synopsis

Swim. Bike. Run. If the combination of those three words gets you excited, then you need *Train to Tri: Your First Triathlon*. Written by experts with USA Triathlon (USAT), the largest multisport organization in the world, this book provides proven strategies, secrets, and advice to gear up for your first sprint-distance or standard-distance event. This is not another one-size-fits-all program. *Train to Tri* is designed so you can focus on the training you need most. You'll establish a baseline in each of the three phases: running, cycling, and swimming. You'll find bronze, silver, or gold levels of training for each phase, which can be combined and customized to your needs, your goals, and your lifestyle. *Train to Tri* is more than just training. It's total preparation. Featuring expert advice on selecting gear, staying motivated, overcoming challenges, preventing burnout, determining nutritional needs, and achieving recovery, it's a multifaceted plan for multisport success. If you're ready to go from athlete to triathlete, let *Train to Tri* and the experts at USAT lead the way.

## Book Information

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## Customer Reviews

"Your first triathlon can be intimidating and overwhelming. With *Train to Tri: Your First Triathlon*, it doesn't have to be. From gear to workouts, this book will provide you with the tools you need to succeed in your event." • Leanda Cave Four-Time Triathlon World Champion "Like any remodeling project, results require know-how and support. For new triathletes, that's what *Train to Tri* provides. This book is what you need to cross the finish line a winner."

Nicole Curtis Real Estate, Restoration, and Design Professional Star of Rehab Addict on HGTV-DIY Network

USA Triathlon (USAT) is the national governing body of triathlons 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 Triathlon has nearly 500,000 members who are coaches, race directors, officials, athletes of all ages, 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 competitions, 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 and older. USA Triathlon strives to expand and inspire the triathlon community while providing the resources required for all involved to reach their potential. Linda Cleveland, MS, CSCS, is a USA Triathlon Level II certified coach and the coach development senior manager at USA Triathlon. She is the editor and lead contributing author of the bestselling *Complete Triathlon Guide* (Human Kinetics, 2012). She has a bachelor's degree in exercise fitness management with a minor in health promotion from the University of Wisconsin-Oshkosh, along with a master's degree in exercise and wellness from Arizona State University. She has been an adjunct faculty member at Arizona State University, worked in corporate wellness at Motorola in Phoenix, and coached triathletes, cyclists, and runners since 2004. Cleveland has been with USA Triathlon (USAT) since 2005. As the coach development senior manager, she is responsible for overseeing a variety of programs in the education department, including coaching certification clinics and curriculum, mentorship opportunities in elite coaching, performance coaching newsletters, USAT University, webinars, youth clinics, and the SafeSport program. Since joining USAT, she has made the coaching education program one of the most highly regarded in any national governing body. Cleveland offers high-performance coaches the opportunity to learn what it takes to work with world-class athletes, and she teaches new coaches how to work with beginner athletes. She has served as a head coach at several International Triathlon Union (ITU) races, including continental cups, world

cups, and world championship series races. Cleveland keeps active by training and by chasing her young son and daughter around the mountains of Colorado. She enjoys hiking, skiing, mountain biking, fishing, and enjoying time in the great outdoors. Kris Swarthout has been a competitive presence in triathlons since 2001, first as an athlete and now as a coach. He is currently the Midwest regional chairperson for USA Triathlon, the owner of Final K Sporting Services, and the head coach of the Minnesota chapter of the Z3 Junior/Youth High Performance Team. He has been selected as age-group coach for Team USA by USA Triathlon four times and accompanied Team USA to the ITU world championships around the globe. Swarthout has coached athletes ranging from professional to first-time amateurs. He strives to help people achieve the ultimate balance of family and sport in their lives. He coauthored the current USA Triathlon Level 1 coaches' training manual and has been published and quoted in some of the world's biggest newspapers and other media, including the New York Times, Boston Globe, Minneapolis Star Tribune, BBC, Runner's World, and Triathlete. Making his home in Minneapolis, Minnesota, Swarthout is a USAT Level II coach, a USAT youth and junior coach, a USAT Level 1 race director, and a USA Track and Field Level 1 coach.

This is an excellent book that made me feel that I could do this. The book starts out with an assessment that suggests your level of intensity to begin training. I liked being taken through the basics and learning how one activity flowed into another through training. The book offers advice for every step of the way. I enjoyed going over the authors' advice on form for running, biking, and swimming. The authors get into diet, scheduling training, how to improve form, and how to recognize from your heartbeat that you may need a day off from training. I liked how the authors go into race day and what will happen at each phase. I like to visualize myself going through long endurance runs and the authors made this possible. I have a feeling that the authors like to do the very same thing. This is a great read for anyone wanting to do a triathlon or train like you are in one. Mr. Joe

What a great resource. Not only for beginners either; tons of good tips. Love the models in the pictures - real people not professional athletes. The structure, layout and the pics make this a book that will be used a great deal. My favorite thing about the book? The Triathlon Readiness Assessment right at the start... this really covers so many issues and challenges that the beginner might have; a beautiful reality check as it were. At the same time the book will inspire confidence in the beginner, especially in a sport when viewed by an aspirant athlete often seems too daunting to

even give a try to many a healthy person who would otherwise be denied the joy of competing in triathlons. I'd recommend this to many whom I know would love to give the sport a go, but fear the challenge.

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