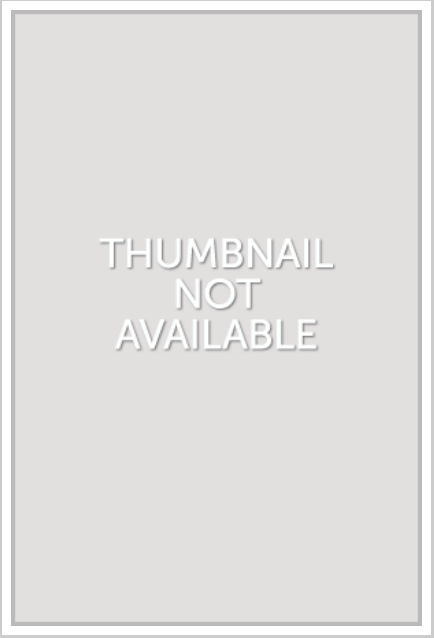


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The Time-crunched Triathlete: Race-winning Fitness in 8 Hours a Week

By Chris Carmichael, Jim Rutberg

VeloPress. Paperback. Book Condition: new. BRAND NEW, The Time-crunched Triathlete: Race-winning Fitness in 8 Hours a Week, Chris Carmichael, Jim Rutberg, "The Time-Crunched Triathlete" presents a fast-paced triathlon training programme that delivers competitive speed without the time demands of conventional approaches. In as few as 8 hours per week, triathletes can develop the speed and endurance they need to be competitive in triathlon, from sprint- to half-iron distance races. Drawing upon principles refined while coaching busy endurance athletes, Chris Carmichael shows triathletes how to build fitness in three sports on a realistic schedule that fits into their busy professional and personal lives. Complete with training plans, case studies, nutritional guidelines, and success stories, "The Time-Crunched Triathlete" is the book active working professionals and parents have been waiting for. This title is in paperback with charts and tables throughout.

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