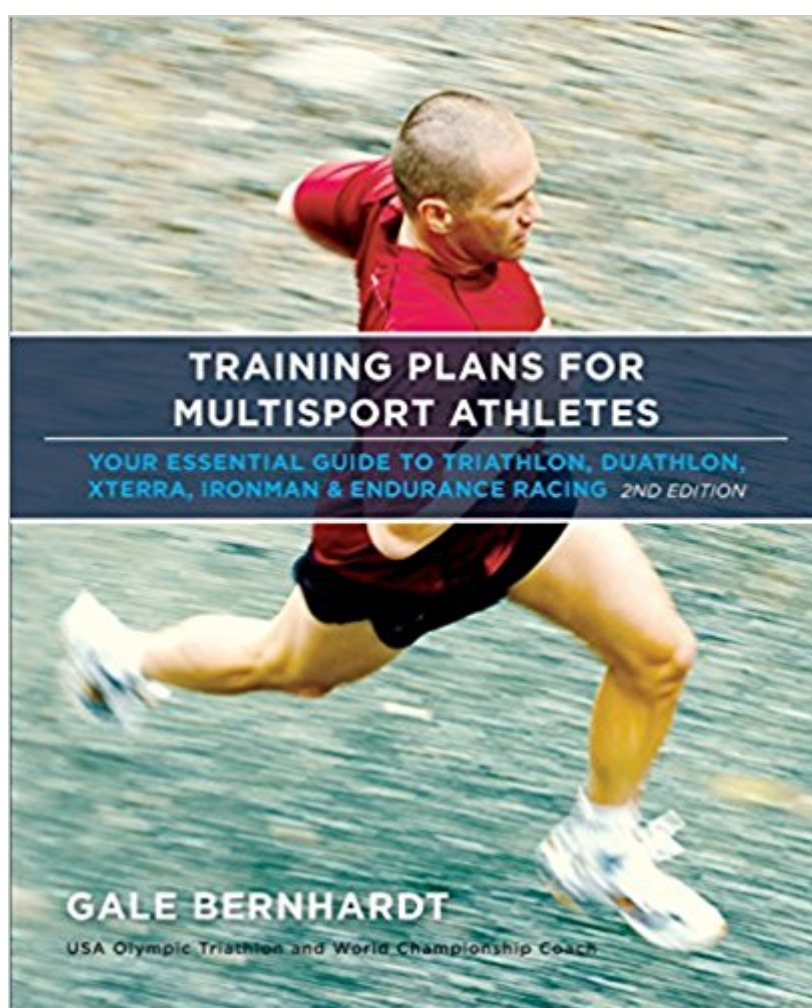


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Training Plans For Multisport Athletes: Your Essential Guide To Triathlon, Duathlon, Xterra, Ironman & Endurance Racing



Synopsis

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" â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.

Book Information

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Customer Reviews

Gale Bernhardt is one of a handful of USA Triathlon World Cup coaches and has coached athletes in two Olympic Games. She traveled to Athens, Greece as the 2004 USA Triathlon Olympic Coach for both the men's and women's triathlon teams. This honor was in addition to the selection by USA Triathlon as the 2003 Pan American Games Coach for both the men's and women's teams. Her first Olympic experience was as a personal cycling coach at the 2000 Sydney Olympic Games. Gale has

instructed or coached athletes since 1974. She has a BS degree from Colorado State University, is certified as a Level I Coach by USA Cycling and a Level III Coach by USA Triathlon. These are the highest levels possible in both organizations. She has served on the USA Triathlon National Coaching Committee from 2000 to the present and was in a leadership role for five consecutive years. She is a longtime contributor to Active.com and has written for a variety of endurance sports magazines.

Does the job if your a newbie to triathlon training and need basic guidance. A bit tedious and frustrating to understand the workout codes on the plans, and always having to dig thru the references to see what the specific workouts. For future editions, I think the layout of the plans needs to be reorganized to be more user friendly. Experienced athletes should only use the book as a reference to get a basic template and then customize to your own specific needs.

This book has a ton of great training plans for just about every level. The way the information is presented is a little confusing with all of the codes and references to various indexes that can be frustrating. I spent 6 hours turning the 52 week training plan into a fairly complex Excel spreadsheet so I could have all the codes, workouts, and schedules and logs in one place. I also think the weight training routines could use some updating. I would still recommend this book highly for any triathlete/multisport looking for a very structured and logically progressing workout plan/plans.

I have completed 2 ironman races, 2 half-ironman races, and over 35 sprint / olympic distance races. I use this book religiously as my guide for my races. I've recommended it and bought it for five friends training. It will break down daily workout routines for every distance of race. The book could use some revisions on clarity for some of the workout routines and a little better organization of the training for the distances. But overall it is my bible for training and has proven invaluable. Get it.

This excellent book offers a training plan for everyone - the novice, the Ironman (or half-ironman) competitor, the sprinter, the Olympic distance specialist, and the "I like to do triathlons in the summer, but I also play volleyball, racquetball and softball" athlete. The training plans are easy to follow and can be modified to suit one's personal schedule. One unique feature is the treadmill workouts in the appendix. I've done 2 of them and have noticed an improvement in my running. These workouts are tough and great for any triathlete who has to occasionally train indoors. Best of all, they're not

boring. I used to dread my treadmill workouts, but now I actually look forward to the challenge. I also liked the section for beginners. Several friends have expressed an interest in triathlon but are not up to my level of training. Now I can recommend this book to those who want to get their feet wet (literally!) in the sport. I own several training books, and this is the one I reach for most often. I agree with the reviewer who mentioned that this book rounds out a collection including Joe Friel's and Rick Niles' books. I also recommend "Total Immersion" by Terry Laughlin, "The Fit Swimmer" by Marianne Brems, and "Swim, Bike Run" by Glenn Town and Todd Kearney. There aren't too many triathlon books out there, and these are the best of those available. If you don't own any of those books, buy "Training Plans for Multisport Athletes" first! Sidenote: I saw Ms. Bernhardt's post about the revised training plans, so I e-mailed her with a request for the update. She got back to me in 2 days with new plans.

If you want to train for a multi-sport event and not sure where to start this is the "Perfect Book". I ride my mountain bike 2-3 times per week, but never participated in any type of Triathlon event and using the training plan in this book - I finish my first event healthy, happy and ready to do it again. Highly Recommend!

I bought this book after doing multisport for a few years. Being a disproportionately bad runner compared to my cycling and swimming, I knew I'd need to find a training plan that would help me improve. I'm awfully glad I picked up this book. The author has a great variety of plans for those just starting out in multisport to those looking to make the jump from international distance to Ironman. I personally chose the 27 weeks to a half-ironman plan. The plan is incredibly time-consuming (on average about 12 hours a week). The exercises and drills are fun and challenging. I've already noticed a huge difference with the integration of her drills. The weight lifting is a critical part of this training, and the phases keep things pretty interesting. On the downside, I wish she offered more information on Aquabike. USAT has begun pushing this a lot, and I hope she'll consider it for the next edition. The chapter on nutrition was somewhat obvious, I'd highly recommend buying a book on nutrition to go along with this book. I'd definitely recommended this book regardless of your level of fitness. I think next year I am going to try to the Joe Friel book, but I'm certainly happy I picked this one up this year.

I enjoyed the way this book is structured. Although I am already a cycling coach, I wanted to understand more about the multi-sport athlete. It allowed me to set up plans that made sense to me.

A beginner may need more background on why to structure the workouts as they are written in this book, but if you are just looking for a plan to follow, you will be happy with this book.

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