



Weight Training for Triathlon: The Ultimate Guide

By Ben Greenfield



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Weight Training for Triathlon is the most comprehensive and up-to-date triathlon-specific training guide in the world today. It contains descriptions and photographs of the most effective weight training, flexibility, and abdominal exercises used by top triathletes worldwide. This book features year-round triathlon-specific weight-training programs guaranteed to improve your performance and get you results.

No other triathlon book to date has been so well designed, so easy to use, and so committed to weight training. This book was designed specifically for triathletes to increase strength, speed, endurance, and stamina. This guide will have you shaving off time in all three events by using the most advanced and efficient exercises available. It will have you recording new personal records and reaching all of your goals. By following the year-round programs in the book, you will be able to finish meets with the same energy you exerted when you began.



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Editorial Review

Review

Weight Training for Triathlon is a book I am glad to have on my bookshelf. If you are a triathlete, I recommend you add it to yours. --About.com Swimming Expert, Mat Luebbers

About the Author

Ben Greenfield, Voted #1 Personal Trainer in the Nation in 2008, is a prominent expert voice in the burgeoning triathlon industry. Known as "The Brain" of triathlon, he holds a Master's degree in exercise science and biomechanics, an ISSN Sports Nutrition Certification, a Serotta Bike Fit Certification, and the highest attainable certification as a Strength & Conditioning Coach by the NSCA.

Each week his blog at BenGreenfieldFitness.com receives tens of thousands of unique visitors who download his weekly nutrition and training articles and audios. He is the voice and author for "Get-Fit Guy" the #1 fitness podcast in iTunes, owner of "Endurance Planet" an endurance sports media website and a regular contributor to triathlon publications such as *LAVA magazine*, *Everymantri*, *OnTri*, *TriFuel*, *Xtri*, and *Firstoffthebike*. Ben has competed in the Triathlon World Championships of Olympic, Half and Full Ironman distances, and is the #1 ranked triathlete for Triathlon Northwest.

Users Review

From reader reviews:

Ashley Mansfield:

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Brad Marcum:

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