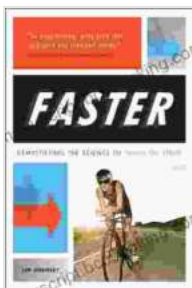


Faster: Demystifying the Science of Triathlon Speed

Are you ready to reach new heights in triathlon performance? Look no further than "Faster: Demystifying the Science of Triathlon Speed." This groundbreaking book by renowned triathlon coach and scientist Dr. Stephen Seiler unveils the secrets to unlocking your full potential.



FASTER: Demystifying the Science of Triathlon Speed

by Jim Gourley

★★★★☆ 4.3 out of 5

Language : English
File size : 6779 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 197 pages



The Science of Triathlon Speed

Triathlon is a demanding sport that requires a unique blend of endurance, power, and speed. "Faster" delves into the scientific principles that govern these essential qualities, providing a comprehensive understanding of how the body adapts to training and competition.

Dr. Seiler meticulously examines the physiological and biomechanical factors that influence triathlon speed, including:

- Aerodynamics and body position
- Lactate threshold and endurance capacity
- Sprint and interval training
- Recovery and nutrition
- Mental preparation and race strategy

From Theory to Practice

"Faster" is not just a theoretical treatise but a practical guide to enhancing triathlon performance. Dr. Seiler distills complex scientific concepts into actionable training advice, enabling you to:

- Maximize your training intensity and volume
- Optimize your race nutrition and recovery strategies
- Improve your aerodynamics and reduce drag
- Develop mental toughness and focus
- Create personalized training plans based on your individual strengths and weaknesses

Proven Results

The principles outlined in "Faster" have been tested and proven by elite triathletes worldwide. Dr. Seiler himself has coached numerous athletes to Olympic and Ironman victories.

Testimonials from satisfied readers attest to the effectiveness of the book's approach:



“I've been a triathlete for over 20 years, but I've never understood the science behind my training until I read 'Faster.' It's transformed my performance.” - Mark Allen, six-time Ironman World Champion”



“Dr. Seiler's book is an invaluable resource for any triathlete who wants to reach their full potential. I highly recommend it.” - Gwen Jorgensen, Olympic Triathlon Gold Medalist”

Unlock Your Triathlon Potential

Whether you're a seasoned triathlete or just starting out, "Faster" is an essential read. Its comprehensive insights and practical advice will empower you to train smarter, race faster, and achieve your triathlon goals.

Free Download your copy of "Faster: Demystifying the Science of Triathlon Speed" today and unleash your true potential.



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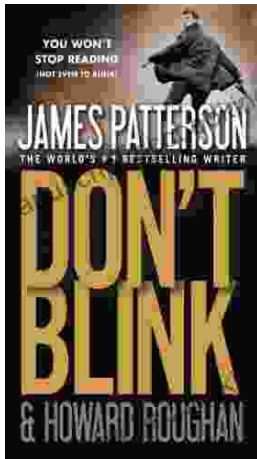
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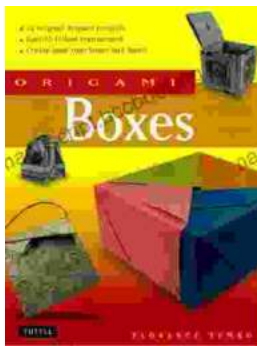
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