



13 Training Schedules For Triathlons

Carlos Civi

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This book contains 13 "detailed" training day by day schedules, that different triathletes trained by coach Carlos Civit, followed during the last 8 to 12 weeks prior to a triathlon race, achieving the distances of: Ironman distance in sub 9h., in 10h., in 11h., or just to finish Half Ironman distance in 4h.15', in 5h., or just to finish Olympic distance in sub 2h., in 2h.30', just to finish, or Sprint distance in sub 1h., in 1h., just to finish. In this book, you will also find, valuable information about subjects like; factors for success, foundation of the base training, heart rate monitors, injuries and nutrition, etc.

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