



# The Complete Guide to Triathlon Training

*Hermann Aschwer*

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## **The Complete Guide to Triathlon Training** Hermann Aschwer

This text is for every athlete - whether hobby, competitive or performer - who aspires to be a successful triathlete. The author's five-stage programme offers information and complete training plans for each of the triathlon distances - the novice, short, medium, ultra and the Hawaiian-Ironman. Topics covered include: basics of triathlon training; performance measurement; training exercises; planning the training; stretching; power training; mental training; women in triathlon; tips for training and competitions; complete training programmes for all five stages; equipment; nutrition; duathlon; and an essay article regarding "Character" by Professor G. Kroeger.

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