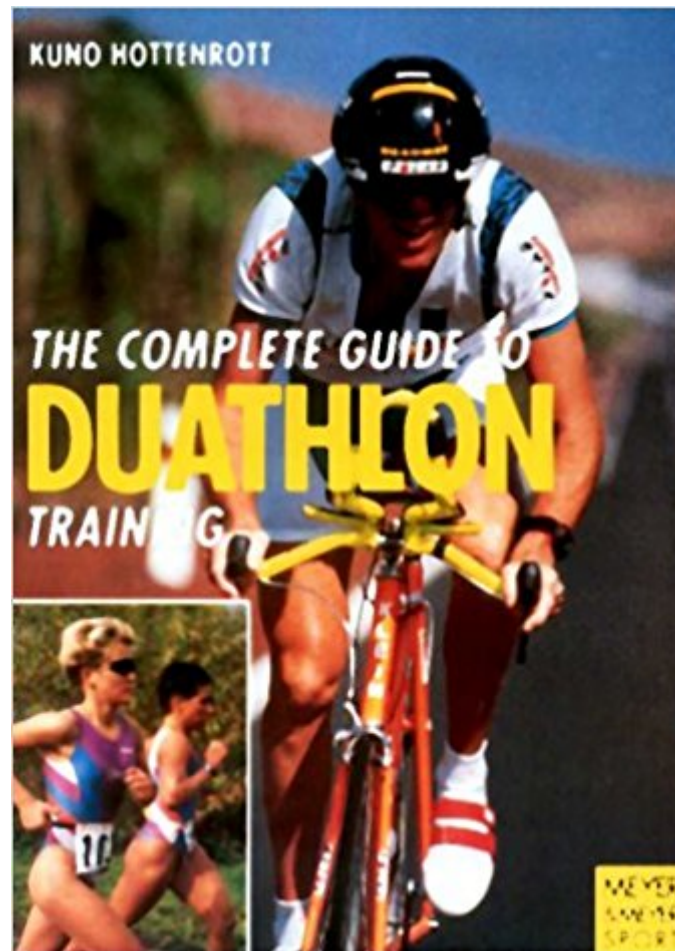




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# The Complete Guide To Duathlon Training



## Synopsis

This guide to duathlon training for both high performance and leisure athletes is based on practical training experience with top athletes of the DTU (German Triathlon Union), the DLV (German Track and Field Federation) and the BDR (German Cyclist' Union), including the European champion Ralf Eggert and World Champion Normann Stadler. The book covers: all aspects of cycling and running techniques; training monitoring with lactate and heart rate measurement; nutrition tailored to duathlon, including diet programmes; the problems of false and excessive training; and multi week training schedules for pre-season and in-season training and units for coupling training.

## Book Information

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## Customer Reviews

The author seemingly wrote this book more to impress the reader than to provide him/her with any useful, applicable information. The book is filled with jargon, acronyms, and abbreviations yet fails to provide any real information that you couldn't find for free from any triathlete site on the Internet. For example, when he discusses heartrate training, he has his own names for each heartrate zone, as opposed to the standard terminology, and he has a whole set of different names for the zones for cycling. What everyone in the triathlon world calls "bricks," he calls "coupled training." The entire book reads like an economics textbook. Furthermore, and this was the biggest disappointment of all, there are NO training plans in the book. If you're looking for training plans, do NOT purchase this book. Save your money, and go to [active.com](http://active.com) or [ontri.com](http://ontri.com) or [beginnertriathlete.com](http://beginnertriathlete.com); you can learn more information on those sites for free than you can from reading this book.

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