



The Triathlete's Guide to Off-Season Training (Ultrafit Multisport Training)

Ken Mierke

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Many multisport athletes employ traditional training methods, ignoring technique while relying on volume and intensity of workouts to improve results. Renowned coach Ken Mierke has coached nine national multisport champions and placed 28 multisport athletes on Team USA. His research proves that athletes who achieve optimal technique show a remarkable difference not just in performance, but also in endurance. In this book he shows runners how to use the body's natural shock-absorption system to dramatically reduce impact stress and keep their training injury-free. By maximizing both conditioning and technique, as detailed in this book, runners can become faster, stronger, and more efficient athletes.

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The reason why? Because this The Triathlete's Guide to Off-Season Training (Ultrafit Multisport Training) is an unordinary book that the inside of the publication waiting for you to snap this but latter it will jolt you with the secret it inside. Reading this book alongside it was fantastic author who all write the book in such incredible way makes the content inside of easier to understand, entertaining means but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This excellent book will give you a lot of positive aspects than the other book possess such as help improving your talent and your critical thinking way. So , still want to hold up having that book? If I have been you I will go to the guide store hurriedly.

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