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Triathletes in Motion

By Marc Evans

Human Kinetics. Paperback. Book Condition: New. Paperback. 368 pages. Dimensions: 10.9in. x 8.5in. x 1.0in. Traditionally the focus of triathlon is on volume, intensity, and training periodization doing particular workouts during the months, weeks, and days leading up to a race. But what if you could improve performance without logging extra distance on the road or in the water? That is the promise of *Triathletes in Motion: Assessing Movement for World-Class Technique and Performance*. In this book, Marc Evans introduces the Evans Assessment principle and makes the case that every triathlon training regimen should start with the physical assessments of movement. By looking carefully at movements during these assessments, you can detect limitations to mobility, flexibility, strength, and stability. These limiters cannot be corrected by traditional technique instruction alone, so Evans presents specific exercises and tests that address each one. The results are greater efficiency, fewer injuries, and faster performances. Whether you are a veteran triathlete seeking a performance breakthrough, a newer triathlete starting the training season, or a coach or member of a triathlon federation searching for that edge, training should start with *Triathletes in Motion*. This resource includes hundreds of tests and exercises to help triathletes swim, cycle, and run...



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