

# yjYMf [Download] Fast-Track Triathlete: Balancing a Big Life with Big Performance in Long-Course Triathlon



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In Fast-Track Triathlete, elite triathlon coach Matt Dixon offers his plan of attack for high performance in long-course triathlon without sacrificing work or life. Developed for busy professionals with demanding schedules, the Fast-Track Triathlete program makes your PR possible in Ironman, Ironman 70.3, Rev3, and Challenge triathlon in about 10 hours a week. Training for long-course triathlons once demanded 15-20 hours each week on top of work, family, travel and other time commitments. For many, preparing for long-distance triathlon is more challenging than the race itself. Now Fast-Track Triathlete opens the door to your best performance in full- and half-distance triathlons in half the traditional training time. Dixon's laser-focused, effective approach to workouts, recovery, strength and mobility, and nutrition means you can prepare for triathlons greatest challenges in just 7-10 hours per week for half-distance and 10-12 hours per week for full-distance. Fast-Track Triathlete includes Dixon's complete guide to creating a successful sport and life performance recipe How to plan out your triathlon training Scaling workouts for time and fatigue Training and racing during travel Executing your swim-bike-run and transitions plan on race day 10-week off-season training program with key workouts 14-week pre-season training program with key workouts 14-week comprehensive

race-prep full and half training plans with fully integrated strength and conditioningDixons first book, The Well-Built Triathlete, revealed his four-tiered approach to success in all triathlon race distances. Fast-Track Triathlete turbocharges Dixons well-built program so even the busiest athletes can achieve their long-distance triathlon dreams without sacrificing so much to achieve them.

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