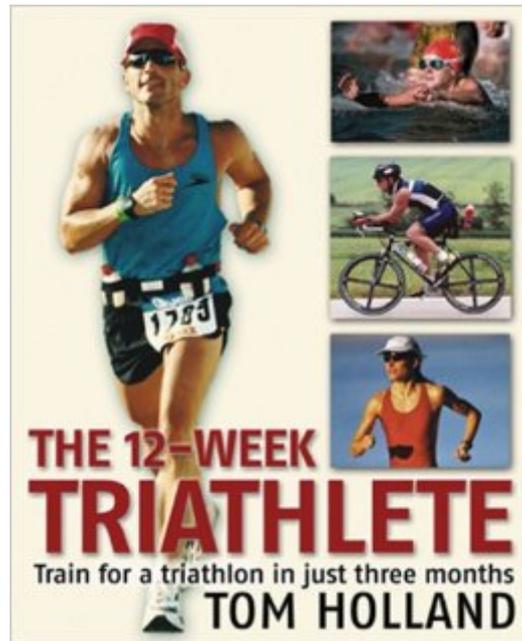


The book was found

# The 12-Week Triathlete: Train For A Triathlon In Just Three Months



## Synopsis

Imagine being able to compete in a triathlon in just three short months! You can, with this all-encompassing, easy-to-use training program! The 12-Week Triathlete gives the most exciting, encouraging, and up-to-date exercise information for the fitness enthusiast. Whether you're a beginner or a seasoned triathlete, this book offers a complete program that will help you strengthen, tone-up, and both physically and mentally prepare for the big day. It will appeal to both men and women and includes: 12 weekly training programs nutrition information logs sport specific question & answer sidebars (biking, running, and swimming) information on weight-training, endurance training, speed work, and more basic questions about competing: Can you eat during a race? How do you line up your bike so you can jump right on it? What's the best way to quickly shed your swimsuit?

## Book Information

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (30 customer reviews)

Best Sellers Rank: #1,119,419 in Books (See Top 100 in Books) #184 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Triathlons](#) #275 in [Books > Sports & Outdoors > Individual Sports > Triathlon](#) #1439 in [Books > Sports & Outdoors > Coaching > Training & Conditioning](#)

## Customer Reviews

Tom Holland's, The 12-Week Triathlete is truly an incredible training tool. Having been an endurance athlete for many years this is the first Triathlon training book that I have read cover to cover. It is not filled with all that technical jargon that most training books have. It's simple and enjoyable to read, helping me to remember why I love the sport of triathlon. The most helpful portions are the Triathlon Vocabulary sections which are interjected throughout the chapters; learning key phrases like "small gears," "negative splits" and "wetsuit strippers" are much more beneficial than learning how to prioritize my training for the next 4 months. Tom also devotes a chapter on Resistance training with illustrations along with another chapter focusing on Stretching

and Flexibility, two components of Triathlon training which I have found to be essential. This is a must have for a seasoned veteran and the beginner. If you're going to buy one triathlon book, this year, Tom Holland's, *The 12-Week Triathlete* is your only option!

Follow up from Austan Goolsbee in the other review--This book absolutely gives you enough training to finish. I did an olympic distance following the plan and then a half-ironman following the plan. I cannot thank Tom Holland enough. He makes things possible that everyone else would tell you would basically require you to give up your job and all your hobbies to accomplish. I even tracked down Holland's email address and sent him a profuse thank you. I told him he made triathlon achievable for the "rest of us." If you are thinking about triathlon, you should buy this book.

Tom Holland's book "*The 12-Week Triathlete*" helped prepare me to finish my first Ironman. I followed Mr. Holland's plan including the strength training program and I arrived race morning healthy and stronger than I've felt before any other race. Not only was this book informative, but it was also a very easy and enjoyable book to read. I highly recommend it because hearing the announcer follow your name with the words "You are an Ironman" is a feeling like none other in the world and I truly believe that Mr. Holland's book helped me get to the finish line where I could hear those words. Thanks Mr. Holland for a great book!!

This book has really been great. It breaks down information about gear and each aspect of a triathlon. I love the packing list! The training program is broken down into one or two sports per day. There are training programs for based on the length and intensity of the triathlon you plan to do (Sprint, Olympic, Half Ironman, and Ironman). There are pictures and descriptions of stretches and the strength training exercises. I finished my first triathlon with no problems and I'm looking forward to my next one.

I bought this book over five months ago. I was looking for a plan that fit into my busy schedule but would allow me to complete my first half ironman. Yesterday, I crossed the finish line at Ironman Florida 70.3. In a nutshell, the plans in this book work. I hit every training session AND followed the strength training religiously. I am a stronger athlete because of it. The rest of the book is filled with great information on how to prepare, execute, complete, and recover from triathlons. If you are looking for information on how to complete your next tri, and you don't have twenty hours a week to train, then this book is for you. Simple enough.

If you haven't competed for a while and need guidance to get you to the finish line then this is the book for you! I had no idea how to properly train for a triathlon until reading "The 12-Week Triathlete". The book is easy to read and offers a step by step approach for competing at all levels, from the beginner to the advanced triathlete. After not competing for almost ten years I was able to successfully complete my first Half Ironman following his program! I look forward to improving on my personal best at the next race and Tom's book will be my guide/coach again.

I found Tom's book by chance by googling myself. I always wanted to do triathalons and have used this book as my training bible the last three years. I have done sprints, olympics and a half Iron man and am working towards my first Ironman next August. Tom gives you every possible thing you need to know to finish your first triathalon and can be used as an ongoing reference for years to come. I looked through other books and have not found one that even comes close in both simplicity and comprehensiveness.

I have never done a triathlon and this book was really amazing at helping understand every aspect of what to do to get ready and what to expect. It talks about equipment, nutrition, and what to expect on race day. It also includes really great workout programs for those with goals just to finish and those with specific performance goals. It also includes a training log. The only downside is that I wish Tom Holland provided some online resources. Other than that, I love it :)

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