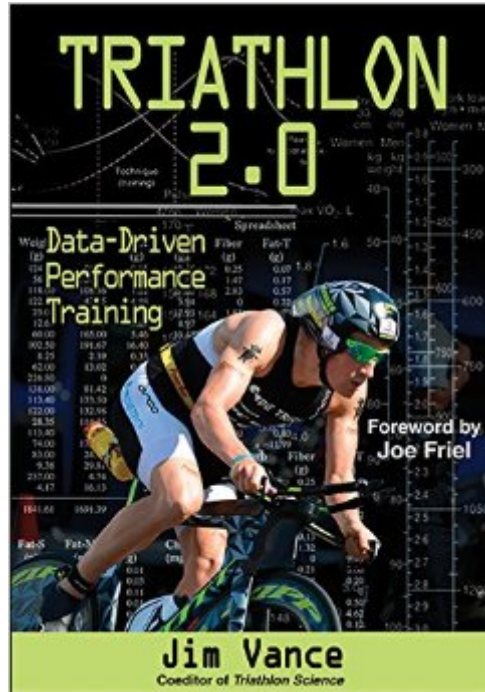The book was found

Triathlon 2.0: Data-Driven Performance Training

Synopsis

Serious triathletes may be the most tech-savvy of all athletes. You have the latest devices and know that data to improve your performance are at hand, but putting it all together can be a daunting, confusing task.   Triathlete, coach, researcher, and author Jim Vance maintains that, despite access to the relevant information, most triathletes start a race undertrained or overtrained. Thatâ ™s why heâ ™s developed Triathlon 2.0: Data-Driven Performance Training, the first program to take advantage of the latest science and technology.   Triathlon 2.0 examines the sportâ ™s most popular devices, including cycling power meters, GPS trackers, and heart rate monitors. Capture the most accurate readings, learn what they mean, and, just as important, what they donâ ™t. Then, put the numbers to work for you, translating your data into a comprehensive program based on your performance needs and triathlon goals.   With Triathlon 2.0, you will learn these skills: â ¢ Establish and identify optimal aerobic fitness base.   â ¢ Determine the exact number of intervals for the most effective training and quickest recovery.   â ¢ Identify performance markers to track training results.   â ¢ Develop a tapering plan for peak performance.   â ¢ Monitor pace and progress in real time.   If youâ ™re serious about maximizing performance, then turn to the only program built around your personal performance data. With Triathlon 2.0, the power and plan are in your hands. v

Book Information

Paperback: 248 pages

Publisher: Human Kinetics; 1 edition (February 8, 2016)

Language: English

ISBN-10: 145046002X

ISBN-13: 978-1450460026

Product Dimensions: 6.9 x 0.6 x 9.9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 starsÂ Â See all reviewsÂ (13 customer reviews)

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Customer Reviews

Nowadays every Triathlete incorporates technology into their training plan. This book is the perfect guide to learn how to understand and analyse all the data that is generated in training, so one can

maximize their performance on race day.The writer explains everything in a very simple way. You don't need a lot of experience in exercise physiology and data analysis in order to understand and apply the concepts. Really... it is easy to read.As a coach, it took me years of racing, training and analysing data to understand and apply the concepts to my own and my clients training plans. If you want to do more than just check the distance and pace in your GPS wrist watch while training, buy this book.

I loved this book. Learned a lot from it. Little things I didn't understand well were answered here. Highly recommend to anyone looking for more data crunching numbers that help give answers to performance management.

I got this book after listening to coach Vance (the author) in a podcast. This book is great for the triathlete who is looking to use data, specifically from training peaks, as metrics to review their performance, weakness and strengths as well as plan more specifically to reach their goals. The book is well written, and the author does a good job explaining the various metrics used in training peaks so that there is very little confusion.

I've had a power meter for a few years now and have never really understood what the graphs, lines and numbers have meant as they present in my Training Peaks account. But with this book, I'm finally getting it. Coach Vance does a great job of explaining the details with corresponding pictures and graphs without getting overly technical - he's a good teacher. Perhaps it's from years of working with his athletes, or from his personal experience racing, that allows Coach Vance to set the right tone throughout the book - he always seems to get to the quick and steer his points to the actionable. Thanks Coach, you've helped me!

I must have read most of the triathlon-training books published in the last 15 years. I am just passionate about training and exercise physiology. This book is the best book I've read since Friel's series. Thorough and yet accessible, Vance spends a lot of effort focusing on what matters in real life and does not lose itself into the tiny details. A very complete and yet pragmatic book for the athlete who wants a data-driven monitoring of his progress.

This book is loaded with tons of technical knowledge, but is explained very well. The author gets right to the point and never drags on like other books I've read. I've learned a lot and can't wait to

put it to use this season!

Read this book over a 4-day weekend. Tons of great info for triathletes who either coach themselves or want to better understand the training metrics used to analyze workouts. I can't wait to apply what I learned from Jim's book to further critique my training and, hopefully, get to a new level of fitness!

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