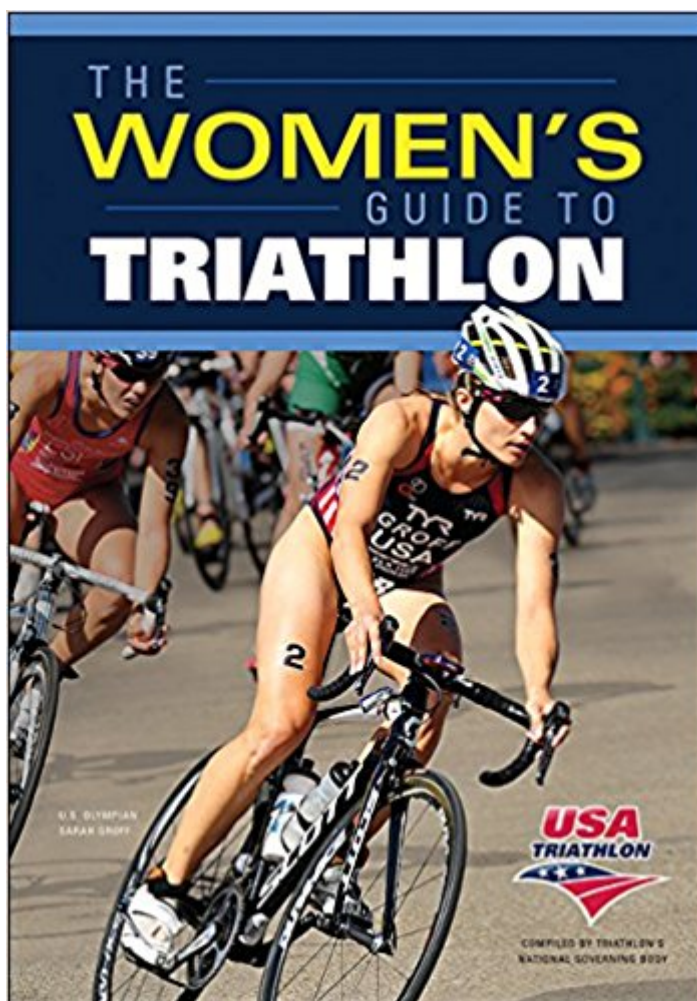


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# Women's Guide To Triathlon, The



## Synopsis

The Women's Guide to Triathlon is the definitive companion for female triathletes. Authored by the national governing body of the sport, USA Triathlon, this landmark resource features expert instruction and personal insights from 20 of the world's top female coaches and athletes: Rachel Sears Casanta Sarah Haskins Stacy T. Sims Siri Lindley Sage Rountree Sara McLarty Lindsay Hyman Margie Shapiro Melissa Mantak Tara S. Comer Melissa Stockwell Krista Austin Gale Bernhardt Wendy Francke Rebeccah Wassner Laurel Wassner Shelly O'Brien Melanie McQuaid Celeste Callahan Brenda Barrera With the latest research, proven techniques, and expert advice, this authoritative guide addresses the unique demands of today's female triathletes. You'll find the most effective strategies for training and competing through all of life's stages; avoiding and overcoming common injuries; and balancing the constant demands of the sport, family, and work. For women, by women, The Women's Guide to Triathlon is the one guide that every female triathlete should own.

## Book Information

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## Customer Reviews

USA Triathlon is the national governing body of triathlon and other multisport disciplines in the United States. The organization is the sanctioning authority for more than 4,300 diverse events ranging from grassroots to national championship races across the country. The organization works to create interest and participation through a variety of programs, including camps, clinics, races,

and educational opportunities. USA Triathlon has nearly 500,000 members who are athletes of all ages, coaches, race directors, officials, parents, and multisport enthusiasts, all of whom contribute to the success of the sport in the United States. USA Triathlon is responsible for the identification, selection, and training of elite triathletes who represent the United States in international competition, including International Triathlon Union (ITU) World Championships, Pan American Games, and the Olympic and Paralympic Games. USA Triathlon also fosters grassroots expansion of the sport, which is facilitated by the sanctioning of age-group events and triathlon clubs around the country. In addition to local races in all 50 states, USA Triathlon hosts national and regional championships for triathletes ages 7 to 80-plus. USA Triathlon strives to expand and inspire the triathlon community while providing the resources required for all involved to reach their potential. Tara S. Comer is the chair of the USAT Women's Committee, which leads national efforts to support and create opportunities for women in triathlon while increasing their influence in the sport across the country. A triathlete for more than 15 years, Comer became a USAT-certified coach in 2008. She cofounded the Triathlon Club of New England in 2010, serving as its president and coach for three years. Since its creation, the club has grown to more than 200 members. Comer is also a 500-hour certified yoga instructor and combines her practice with her coaching to create innovative training programs that use the mind-body connection to improve performance, mental strength, and achievement in triathlon. In addition to being a leader in the multisport community, Tara is the creator of WomenRYSE, an innovative program that helps women take ownership of their health and fitness for life. Through this program, Tara has begun to create powerful social change and build a sustainable, supportive women's health community.

Wish there was more solid information w/r to women triathletes in menopause/over 50.

For the novice, pro and everyone in-between. Anyone can appreciate the advice and recommendations made in this book. Love it!

Great info, easy to read

Fabulous!

Women who participate in a triathlon on a regular basis have a unique set of issues and problems at all stages of their lives. This book addresses those issues and problems from the young to

menopause and beyond. Moreover, it provides all the latest research and the advice of authoritative experts plus you'll get proven techniques for your events. In other words, you'll get the competitive edge when you read the book. It tells you what to expect in each event and how to prepare for it. Also, you will discover how to recover in your own unique situation. This is not a one size fits all book but rather one that helps you to create your own personal plans, techniques and style. And, there's even a section on starting children on triathlon. Highly recommended.

USA Triathlon. The Women's Guide to Triathlon. Champaign: Human Kinetics, 2015. Print. There are eighteen chapters in this book, each authored by a female writer or writers who are themselves triathletes and/or coaches and experts in swimming, biking, running or nutrition. Many black & white photographs using female athletes demonstrating proper form are included in the book. Chapters discuss mental training, nutrition, running, swimming and biking techniques, traveling to races, training plans from sprint races to a triathlon Ironman distance, off-road triathlons and more. Novices will find the chapter on triathlon gear especially helpful. All triathletes can benefit from the tri-specific strength training exercises in chapter two and alternative exercises for triathletes in chapter five. Chapter three, on nutrition, has important information specifically for women. Included is; eating properly to recover from workouts, the influence of the menstrual cycle, estrogen levels, proper protein and carbohydrate levels, the timing of when and what to eat while training and sample menu plans. All female athletes would benefit from reading this chapter. This book will be helpful for triathlon coaches and athletes, whether the athlete is just beginning in triathlons or has extensive experience in the sport.

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