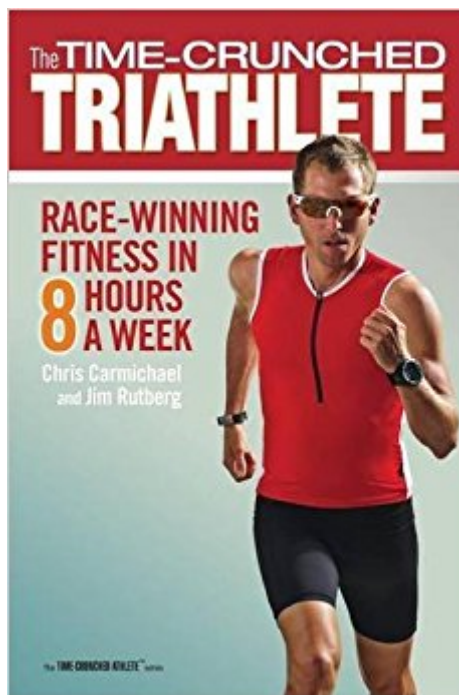




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# The Time-Crunched Triathlete: Race-Winning Fitness In 8 Hours A Week (The Time-Crunched Athlete)



## Synopsis

The Time-Crunched Triathlete reveals a fast-pacing training program that will bring you competitive fitness and speed in a fraction of the time of traditional triathlon training methods. In as few as 8 hours per week, you can develop the speed and endurance you need to race for the podium in sprint to 70.3 triathlon race distances. Drawing from methods developed at CTS for their busy triathlon coaching clients, The Time-Crunched Triathlete brings high-intensity interval training (HIIT), smart and proven field tests for monitoring progress, an integrated nutrition program, and strategic coaching guides to help you race to your strengths. This innovative training program will deliver fitness in three sports while fitting into your busy weekly schedule. The Time-Crunched Triathlete includes CTS workouts for swimming, cycling, running, and bricks; intermediate and advanced training plans for sprint (6 weeks) and Olympic (8 weeks) race distances; an 8-week 70.3 training plan, transition training programs to extend your fitness throughout your season; and a time-crunched strength training program. Most triathletes would enjoy training more if they could, but when more training time isn't an option, The Time-Crunched Triathlete brings effective tools to make sure you can keep racing using the time you have.

## Book Information

Series: The Time-Crunched Athlete

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## Customer Reviews

"You will want to plan your 2011 schedule with The Time-Crunched Triathlete at your side." --

Active.com "With this science-backed program to reduce time but not results, The Time-Crunched Triathlete might be the answer to your busy calendar." -- Triathlon Magazine Canada "Written for the

huge majority of triathletes who have limited training time...A novice triathlete should have no difficult understanding the book's concepts, yet a veteran triathlete will still gain valuable, time-saving tips and strategies." -- Liberty Sports magazine

**TRAIN TO WIN IN 8 HOURS PER WEEK** If you thought your best performances had disappeared along with your free time, *The Time-Crunched Triathlete* can get you back on a winning track. This revolutionary approach from world-renowned endurance coach Chris Carmichael will show you how to build competitive fitness for Sprint and Olympic triathlons in eight hours per week. The *Time-Crunched Triathlete* delivers better results in less time because it leverages the power of high-intensity interval training with workouts designed specifically to make you a faster triathlete. It's not just a more fit endurance athlete. The program's combination of specificity and intensity will enable you to train smarter in as few as four brick workouts per week. Most of us would train more if we could. But when more training volume is not an option, *The Time-Crunched Triathlete* will give you the tools to earn the speed you want in the time you have. Bonus: Includes 70.3 Training Plan!

I read this book cover to cover and got some really good information out of it. I was looking for a training program that would increase performance on race day, but not make me spend countless hours in the gym. This program does just that. It outlines everything very well, but know up front there are only two workouts for each event distance, an intermediate and an advanced. If you are a beginner this is not the book for you. The author is assuming you already have a pretty good training basis to work from and are just looking for a way to push yourself to the next level. The author doesn't spend any time on the basics and just moves through how to use the training program properly. There isn't a whole lot of fluff. Mostly straight to the point.

ok

If your time is limited and you want to train for a sprint or olympic triathlon, this book will surely help. It also has a program for a half-ironman, but it is honest in stating that the program will get you through, but don't expect a PR. The book explains in simple terms the science behind high intensity training and provide 8-12 week plans that peak at 8 hours/week. It also contains strength training exercises that do not require a gym; very useful when traveling.

I like that the book mentioned that it was not for everyone and it will take a large amount of effort.

Great book. I have used Carmichael Training Systems before, so was familiar with the system. This book takes you from a novice, thru a series of tests to determine your current fitness and your workout levels, thru plans for Sprint, Olympic, and 1/2 Ironman triathlons, with advice on pre, during, and post event nutrition, detailed workouts and their purposes. Would highly advise to anyone who wants to do a tri, but doesn't want to pay a coach.

Very helpful and a nice library addition for the busy triathlete. It would be 5 stars if it was a recently revised edition instead of an older book.

Yes, it did!

I haven't made my way through the entire book, but from reading a few chapters, it is clear Carmichael brings his extensive training knowledge from cycling and applies it effectively to training for triathlons on a working person's schedule. I don't know how practical it is to do brick workouts so often, but I suppose you have to plan for it like anything.

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