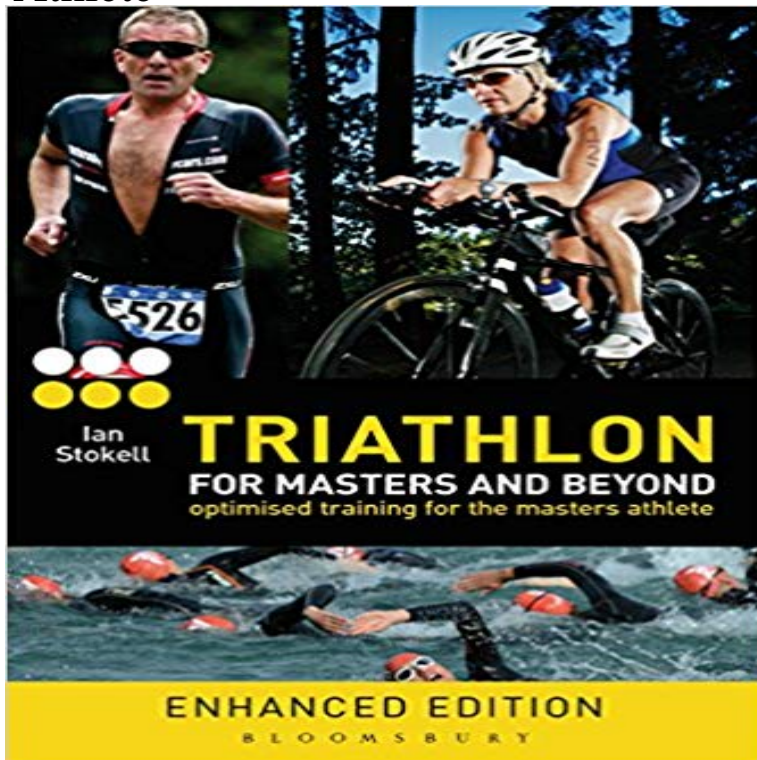


Triathlon for Masters and Beyond: Optimised Training for the Masters Athlete



Many more of us are taking on the challenge of triathlon in our 40s and 50s, and above. Masters athletes include any athlete over 40 years old. Irrespective of fitness levels the scientific impacts of ageing can affect your performance and need to be acknowledged to help you continue to get the most out of your training. Triathlon for Masters and Beyond looks at the physiological changes experienced by athletes over 40. Taking these variables into account it is packed with tailored information and advice, equipping you with the knowledge to train harder and stronger to reach your fitness goals. Includes: 14 exercise clips motivation and goal setting planning and preparation training programmes and schedules muscles and injury prevention nutrition and fuel pre-race preparation race day recovery. This is an essential companion for any Masters athlete wishing to improve their triathlon results.

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