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STRENGTH TRAINING FOR TRIATHLETES: THE COMPLETE PROGRAM TO BUILD TRIATHLON POWER, SPEED, AND MUSCULAR ENDURANCE (2ND REVISED EDITION)



VeloPress. Paperback. Book Condition: new. BRAND NEW, Strength Training for Triathletes: The Complete Program to Build Triathlon Power, Speed, and Muscular Endurance (2nd Revised edition), Patrick Hagerman, "Strength Training for Triathletes" offers a comprehensive strength training program for triathlon that will help triathletes build power, speed, and muscular endurance for faster racing over any race distance. Certified USA Triathlon coach and NSCA Personal Trainer of the Year Patrick Hagerman, EdD, reveals a focused, triathlon-specific strength training program that will enable...

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