



The Time-Crunched Triathlete: Race-Winning Fitness in 8 Hours a Week (The Time-Crunched Athlete)

Chris Carmichael, Jim Rutberg

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The Time-Crunched Triathlete reveals a fast-paced 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.

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