

Triathlon Weight Training Guide

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Item Details Price; Strength Training for Triathletes: The Complete Program to Build Triathlon Power, Speed, and Muscular Endurance: \$12.81: View: The Low

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The triathlete's guide to off-season training -

Karen Buxton explains how to create a well-rounded off-season training program that includes core strengthening, increased flexibility through yoga, and weight training.

Strength training for triathlon

A correct strength training program increases strength in the muscles, joints, and connective tissues. This should lead to greater stability and fewer injuries.

Strength training for triathletes | fun times

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