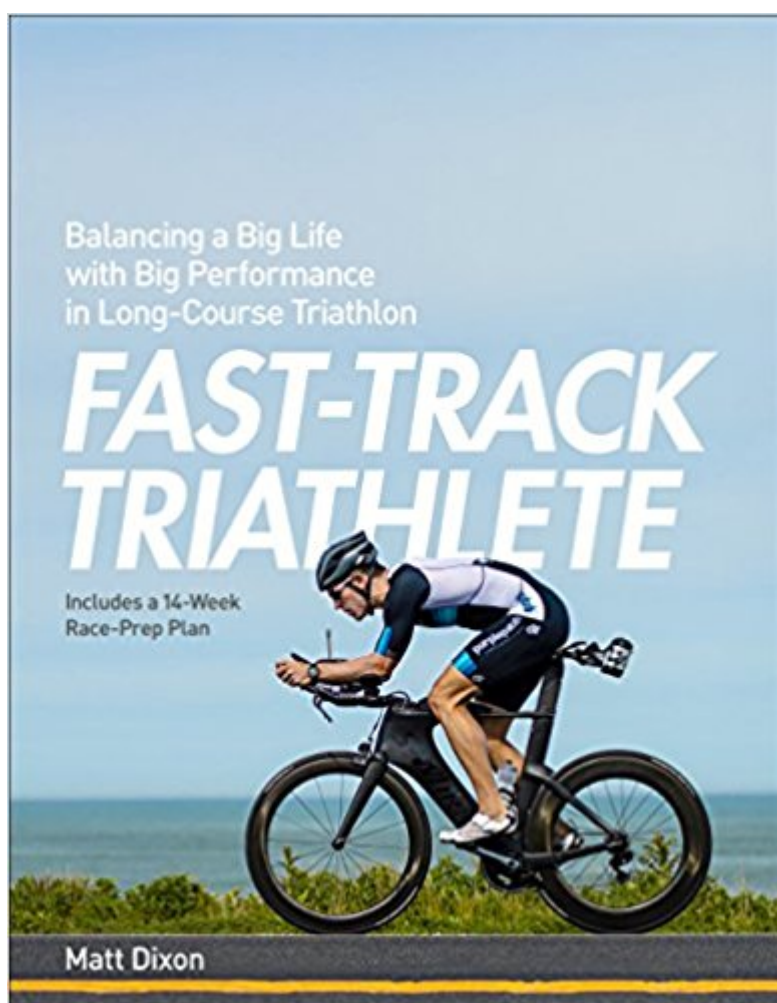




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# Fast-Track Triathlete: Balancing A Big Life With Big Performance In Long-Course Triathlon



## Synopsis

In Fast-Track Triathlete, elite triathlon coach Matt Dixon offers his plan of attack for high performance in long-course triathlon •without sacrificing work or life. Developed for busy professionals with demanding schedules, the Fast-Track Triathlete program makes your PR possible in Ironman®®, Ironman 70.3®®, Rev3, and Challenge triathlon in about 10 hours a week. While long-distance triathlon races carry incredible prestige, training for these all-day race events has traditionally required 15-20 hours each week •on top of work, family, travel and other time commitments. For many, preparing for long-course triathlon is more challenging than the race itself. Now Fast-Track Triathlete opens the door to your best performance in full- and half-distance triathlons in half the traditional training time. Dixon's™ laser-focused, effective approach to workouts, recovery, strength and flexibility, and nutrition means you can prepare for triathlon's™ greatest challenges in just 7-10 hours per week for half-distance and 10-12 hours per week for full-distance. Fast-Track Triathlete includesÂ Goal-setting and the work-life-workouts balanceÂ How to plan out your triathlon trainingÂ Scaling workouts for time and fatigueÂ Training and racing during travelÂ Executing your swim-bike-run and transitions plan on race dayÂ Dixon's™ functional strength training methodÂ 14-week pre-season training program with key workouts,Â 14-week comprehensive race-prep training plan complete with key and supporting workouts,Â and 10-week off-season training program with key workouts. Dixon's™ first book, The Well-Built Triathlete, revealed his four-tiered approach to success in all triathlon race distances. Fast-Track Triathlete turbo charges Dixon's™ well-built program so even the busiest athletes can achieve their long-distance triathlon dreams without sacrificing so much to achieve them.

## Book Information

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## Customer Reviews

Praise for The Well-Built Triathlete by Matt Dixon "The Well-Built Triathlete is an in-depth manual full of the tools and tips that helped me go from a perennial age grouper to a professional triathlete." --

Meredith Kessler, professional triathlete "Elite coach Matt Dixon shares his approach for what it takes to create a well-rounded athlete who continues to improve year after year." -- Triathlete magazine "Well built' refers to Dixon's long-term and comprehensive approach toward athleticism, going well beyond the standard training programs, and outlining a great deal on nutrition, recovery, and strength and conditioning. The book gives the reader a framework for performance." -- USA

Triathlon magazine "Triathletes frustrated by poor performance despite long hours of endurance training will want to get their hands on The Well-Built Triathlete." --Triathlon Magazine

Canada "Dixon gifts the reader with a wealth of knowledge he accumulated over years of training and study as a pro triathlete, coach and exercise physiologistâ |Dixon delivers new insight into training zones and the importance of nutrition and recovery; often overlooked or undervalued by the masses of age groupers. If you are in the market for any kind of athletic improvement, we highly recommend you give them your full attention." -- TriEdge.net "One of the things that has struck me most about Matt Dixon and his coaching philosophy is his emphasis on quality over quantity. Many coaches load on volume and training hours, whereas Matt is able to create superior performances from his athletes on few hours of training. This translates into better overall quality of sessions, more time to recover, and more time for healthier life balance. His philosophy is one that I admire greatly."

-- Sarah Piampiano, professional triathlete "One of the main lessons I've learned from Matt is understanding that all of life's stresses play a role in my athletic preparation and performance. Whether it's family, work, travel, or training, each has a similar effect on the body, and a plan that doesn't take them all into account is quickly out of balance. Matt's philosophies have enabled me to compete at a world-class level while owning a business and being the best father and husband possible. It's a tricky balance, but Matt has it dialed." -- Jesse Thomas, professional triathlete "Matt Dixon taught me to not view my training in isolation but rather implement a holistic focus where my program was planned in the context of maintaining a healthy body, happy family, and fulfilling life. Not only have my performances drastically improved, but also my entire triathlon experience has become far more enjoyable." -- Tim Reed, professional triathlete

Fast-Track Triathlete offers triathletes a plan of attack for high performance in long-distance triathlon

without sacrificing work, life, and relationships.

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