

"Fewer hours, more focus,
and better results."

—DAN MCKINLEY, CEO and founder
of Virta Health, co-founder of TriAtlas,
and age-group triathlon world champion

Balancing a big life
with big performance
in long-course triathlon

FAST-TRACK TRIATHLETE

Includes 14-week
Race-Prep Plans



Matt Dixon

Dixon Matt

Fast-Track Triathlete: Balancing a Big Life with Big Performance in Long-Course Triathlon



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In Fast-Monitor Triathlete, elite triathlon coach Matt Dixon offers his plan of attack for high performance in long-program triathlon—without sacrificing work or life. Dixon's, Ironman 70.14-week comprehensive race-prep complete and half training plans with fully integrated strength and conditioning Dixon's How exactly to plan out your triathlon teaching.

Training for long-training course triathlons once demanded 15-20 hours each week—on top of function, family, travel and other time commitments. For most, preparing for long-length triathlon is more challenging than the race itself. Now Fast-Monitor Triathlete opens the entranceway to your best performance in full- and half-length triathlons in half the traditional training period. 10-week off-season training program with key workout routines.

- Teaching and racing during travel
- s greatest challenges in just 7-10 hours weekly for half-distance and 10-12 hours weekly for full-distance.

Fast-Track Triathlete includes.

- Developed for busy experts with demanding schedules, the Fast-Track Triathlete system makes your PR feasible in Ironman's complete guide to creating an effective sport and life performance recipe.
- , Rev3, and Problem triathlon in about 10 hours weekly.
- s well-built program thus even the busiest athletes can perform their long-distance triathlon dreams without sacrificing thus much to attain them.
- s laser-focused, effective approach to workouts, recovery, power and mobility, and nutrition means you can prepare for triathlon's Executing your swim-bike-run and transitions plan on race day.
- Dixon's 14-week pre-season training program with key workout routines.
- 3's first book, The Well-Built Triathlete, revealed his four-tiered approach to success in all triathlon race distances.

Fast-Track Triathlete turbocharges Dixon's Scaling exercises for time and exhaustion.



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Actually liked the structure and simple following along Breath of oxygen continue reading triathlon training - planning - life balance, in context of functionality improvement. The book is definitely a tome of superb information, practical information and inspiration. The reserve obviously lays out all of the elements need to succeed and master triathlon without compromising the rest of the important things in your daily life like family, friends and sleep. Centered on getting the basics correct (the 95%) versus buying more equipment (the 5%). Lots of case research and examples. I be prepared to bring much of this insight into my period planning and training. Nonsense. The book clearly lays out all the elements have to succeed and excel at triathlon without compromising all the other important things in your life like family, friends and sleep If you're only likely to get one training book for triathlon, help to make it this one. A wealth of science and knowledge backed approaches represented. Fifty percent of the book is dedicated to installation of Matt's philosophy of teaching and the important fundamentals you will require and the second half of the reserve has detailed training programs for Ironman and 70.3 distance races. Really liked the framework and simple following along. Began training with Matt and PPF in 2016 and also have only seen great results, both in personal life and as a ... I've been doing triathlon for 11 years and with different instructors. Started training with Matt and PPF in 2016 and also have only seen good results, both in personal lifestyle and as a triathlete. WEEK 11 (of 14 total weeks): plans for half and full are identical except 2 days: - One day is usually a swim: for a Fifty percent it lists 3900-5100 back yards for a FULL it lists 2550-3750.3 strategy and the full 140. I value that he targets creating a pragmatic race plan predicated on the time you truly have to train as opposed to stealing time from additional priorities in your daily life. This book nails the idea of adjusting schooling hours to mitigate this stress. The author gets the knowledge and teaching cred to supply some pretty detailed schooling plans. Great book, great approach Great book and finally an approach that doesn't just take what the professionals do and scale it straight down. He also has an excellent writing style so this is an easy read. Instead, it recognizes the necessity for a totally different approach trained with is a completely different situation. For instance, recognizing that sometimes obtaining the extra sleep is better than torturing yourself to get the first morning session will make healthier, better triathletes which will last longer. I am on week 11. My other gripe isn't one swim is shown as an open drinking water swim, or provides an open up water alternative? Good Read I think this is a very good book for a working and busy person who wants to get into triathlons. This makes no feeling. A must for a normal triathlete life. Great book and guide. I notice that most evaluations are late 2017 and early 2018 - not your usual triathlon season, so I am doubtful that the reviewers ACTUALLY did working out plans listed. Four Stars I used

working out plan in this publication to get me through my first 70.3. Great until you Perform the training plans. 6000 yd swim for a 70.3?? **Actual competition training plans certainly are a bonus! I noticed that (I think) this reserve was published Oct 2017. I got it for Christmas 2017. Using it everyday for training. I am, for the most part, trying to follow them. I am not kidding when I let you know I am confident there is a "lower & - The only other difference in the programs is certainly a bike day time, which does appear to make sense - 150-175 min for Half // 3. Stop reading reviews and start reading the book.6 plan. Which is NOT great because I am in the middle of training for my first 70.3. Smart way to integrate triathlon into your projects and family life instead of sacrificing them! This books gives you all the tools you should perform better, and focus on important things like sleep and nutrition (YES, ITS A CASINO GAME CHANGER).? paste" issue in elements of the 70.504 for Full And on week 12 it has swimming up to 6000 back yards for someone teaching for a half?! What the heck? IN EVERY the weeks of his FULL IRONMAN training strategy, he hardly ever lists above 5400? Good read. Good read for Beginner/intermediate Triathletes Good direction and questions answered in this read and very helpful information it really is worth the read. Five Stars Good for self-trained triathlete Perfect schooling bible for the weekend warrior triathlete Matt's approach to triathlon training is perfect for the busy weekend warrior triathlete who would like to achieve maximum functionality within the needs of a busy function and family lifestyle. His philosophy is all about producing the sport fit into your daily life, not the other way around. The author has the knowledge and training cred to supply some pretty detailed training plans I hear of so many triathletes that stress more than balancing family life, work, additional obligations and triathlon teaching period. He also provides great lessons on health insurance and nutrition.



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