

Triathlon Training Resources

Books:

The Triathlete's Training Bible by Joe Friel

Training Plans for Multisport Athletes by Gale Bernhardt

Workouts in a Binder: Swim Workouts for Triathletes by Gale Bernhardt

Triathlon Swimming Made Easy by Terry Laughlin

Triathlon 101: Essentials for Multisport Success by John Mora

Videos:

Fishlike Swimming, available at www.totalimmersion.net

Wes Hobson's Video series, available at www.weshobsonperformance.com

Pose Method of Running, available at www.posetech.com

Web Sites:

www.desert-sharks.com

www.transitiontimes.com

www.trinewbies.com

www.totalimmersion.net

www.runnersworld.com

www.active.com

www.usatriathlon.org

www.insidetri.com

www.hulaman.com