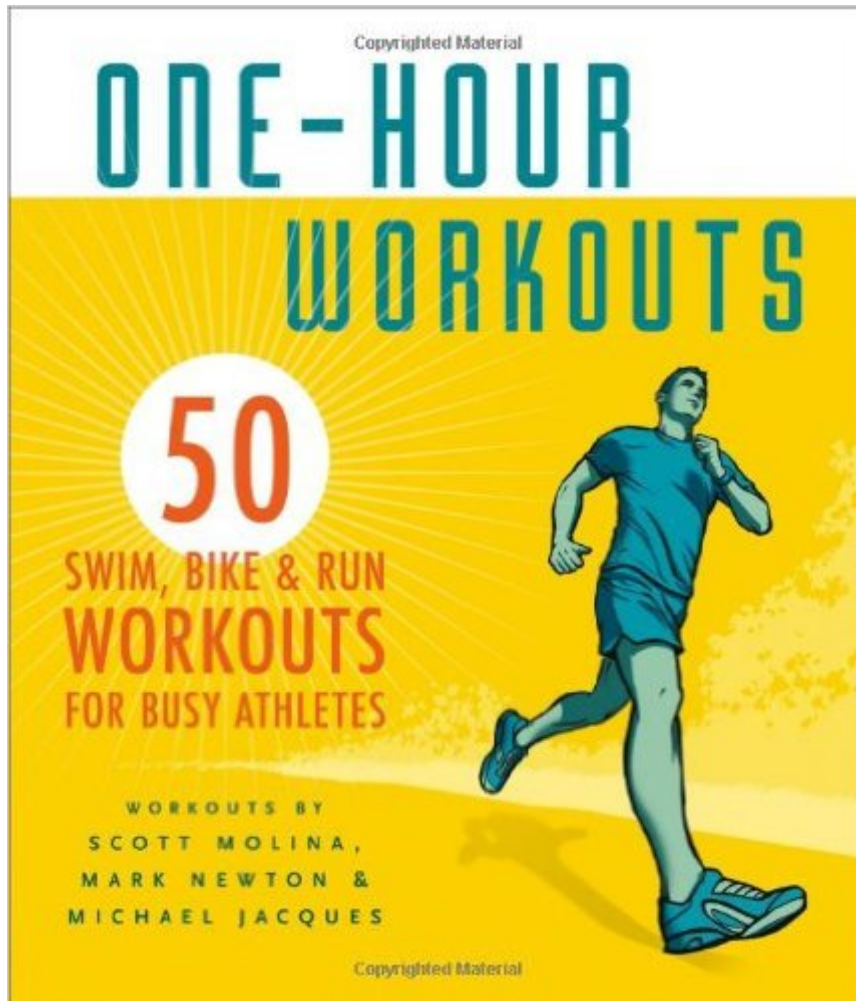


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# One-Hour Workouts: 50 Swim, Bike, And Run Workouts For Busy Athletes



## Synopsis

One-Hour Workouts is a collection of 50 swim, bike, and run workouts from top triathlon coaches that anyone can fit into a lunch hour--including warm-up and cool-down. If they could, most endurance athletes would love to set aside more time for training. But work, family, and real life too often get in the way of the cardinal rule for endurance athletes: never miss a workout. One-Hour Workouts is the perfect solution for athletes who are pressed for time. These 50 workouts are tightly focused so that athletes can get a quality training session in just one hour. Athletes can choose from base, tempo, or speed workouts in each sport to match their training plan's goal for the day. Former professional triathlete Scott Molina (The Terminator), Mark Newton, and Michael Jacques give athletes smart workouts that will complement their existing training and keep season goals on track even in the busiest of weeks.

## Book Information

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## Customer Reviews

You get that for which you pay. This book delivers on its promise. None of the workouts are "run for one hour" either. As an active triathlete, I am always looking for workouts to insert into my annual training plan. This book comes with 50 base, tempo, and speed workouts in each discipline. Basically, that gives you five or six workouts you can incorporate into each phase of your training (base, build, peak, etc). In addition, the authors provide advice on almost all the workouts on how to change it up, adapt it to your situation, and create different flavors of the same workout. For those of us that crave variety, this book doesn't have enough workouts to build an entire annual training plan for every distance, but it does have some really good workouts and advice on how to implement

them. I gave this book five stars because it is deserved. What frustrates me, however, is a lack of "advanced workouts" that coaches save for the athletes they are personally training. Even just one or two of those per discipline would have been nice (and that's really the only complaint I could come up with :-). Overall, this book is an excellent value. A few judicious purchases of other books with workouts combined with some internet research, and you'll have everything you need to fill in the workouts for an entire season of triathlon training.

I am new to triathlon training, and I needed some easy-to-grasp "short" workouts to get me started in my training over the winter. I was very impressed with the quality of the book's design & construction (all laminated pages, small enough to bring to the gym with you) and the clarity of the instructions. I can't wait to put these workouts to use!

Even if you don't do tri. this is a great book. Great one hour workouts, I use it all the time. My 2 complaints are 1. some of the workouts are not well explained (like when do you take a rest lap etc) and the other is that it is "sweat proof" not water proof. Has bonus lifting routines at the back.

I consider myself an Advanced Beginner triathlete, concentrating on sprint length events. I really like this book as I am also a full time employed mother and wife. I can easily get a really good workout in during my lunch...give or take the time it takes to change in and out of work out clothes and of course stop sweating! I also find them easily adaptable to the days that I may need to be out of the gym in 45 min. The inclusion of Gym (indoor) workouts is great too, since we can't always drag our gear all over the place. I highly recommend this training tool.

I like this book as it was great workout ideas and is well organized. I especially like how the pages are sturdy and laminated, spiral bound for easy gym transporting. Need to use it more though as I tend to do my own workouts.

I was really excited to get some other ideas for triathlon workouts, but this book is a bit chaotic and I find I don't really use it. They seem to have collected workout ideas from different people, but didn't take time to format them in a similar fashion to one another. So, it takes a few times to read through a workout to figure out what to do. I really just want to grab a workout & go and not want to have to spend time sorting through the different styles of instructions.

If you want to make sure you're getting everything you can out of a little amount of time while training for a triathlon this book is for you. I'm out of bed by 4:30 and in the pool by 4:40 and can still get to work by 7, even while taking care of all my lady business. It also has given me lots of ideas on how to train so that I don't lose my mind with boredom. I write the swim workout on my arm and it has been really effective. Lots of helpful tips and reasons why you need to incorporate certain aspects into your training, like brick.

This is my first review of anything on but I wanted to let everyone know how happy I am with this book. As a tri coach, I have workout plans at my fingertips from sprint to full iron distance any time I want. So why did I get this book? I needed something to spice up and give variety to my training. I needed something to get me excited about getting on the track again because 800m yasso's weren't doing it anymore. I used one of the workouts the other night at my fall run session and my athletes love the variety. I also loved the very basic explanations on what the workout is and why to do it. I've been struggling to get back in the water, though I love swimming, because I have done all the same swim workouts for the last 5 years. These 1-hour workouts will get me back to the pool and not have me overwhelmed by a 4000 starting workout. I'll be adding lots of the workouts in throughout my training and coaching. This isn't a replacement for my program but a supplement for when I need something different. I think I'll even buy another so that my co-coach can have one for herself!

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Swim Speed Workouts for Swimmers and Triathletes: The Breakout Plan for Your Fastest Freestyle (Swim Speed Series)  
Swim, Bike, Run--Eat: The Complete Guide to Fueling Your Triathlon  
Mountain Bike Way of Knowledge: A cartoon self-help manual on riding technique and general mountain bike craziness . . . (Mountain Bike Books)  
Swim Speed Strokes for Swimmers and Triathletes: Master Freestyle, Butterfly, Breaststroke and Backstroke for Your Fastest Swimming (Swim Speed Series)  
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