



Tri Power: The Ultimate Strength Training, Core Conditioning, Endurance, and Flexibility Program for Triathlon Success

Paul Frediani, William Smith

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Tri Power: The Ultimate Program for Triathlon Success, by Paul Frediani and William Smith provides the essential tips and exercises in weight training, core conditioning, and improved flexibility for both novice and expert. *Tri Power* is your go-to guide for getting in shape for the best race of your life, even if it's your first. If you've ever thought about competing in a triathlon, this is your first step to crossing the finish line.

Certified triathlon trainer Paul Frediani and triathlete William Smith join forces to show you how to consistently build and condition muscle on a long term basis; and prepare you to get the most out of your triathlon experience. Through four phases you'll learn how to properly train your body to maintain its optimal condition:

- Foundation and Adaptation: Begin your strength training journey by concentrating on the basics (hips, spine, nerves, and limbs).
- Strength: Discover different planes of movement, grow stability in your spine and hips, and increase the amount of weight you can lift.
- Power: Concentrate on using the Stretch-Shortening Cycle, improving deceleration, and increasing recovery time.
- Maintenance: Prepare for the season by decreasing strength exercises and increasing recovery, volume and consistency in training

Taking you step-by-step through performance enhancement and injury prevention for triathlons, *Tri Power* provides the triathlete with knowledge, guidance and structure for maximum results. With a year-round program to keep you focused, *Tri Power* provides a realistic training schedule that anyone can keep. Whether this is your first race ever or your twentieth — or if you're just looking to jump-start your exercise regimen — this professional guide will organize your fitness and exercise habits for fast, serious results. Swim, bike, and run to win with *Tri Power*. With Paul Frediani and William Smith as your personal power-motivating coaches, staying on track will be no sweat.

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