

Get In The Zone: Achieve Your Personal Best Tri Edition



Get In The Zone To Achieve Your Personal Best, TRI Edition 1: 60 EFT Tapping Scripts For Swifter Racing (Triathletes Book 6) by Cynthia Magg

★★★★☆ 4.8 out of 5

Language : English
File size : 2830 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 133 pages
Lending : Enabled
Screen Reader : Supported



Are you ready to take your triathlon performance to the next level? Get In The Zone To Achieve Your Personal Best Tri Edition is the ultimate guide to help you unlock your full potential and crush your triathlon goals.

This book is packed with everything you need to know to train smarter, race faster, and recover better. You'll learn about:

- The mental game of triathlon
- How to create a personalized training plan
- The importance of nutrition and hydration
- Recovery strategies to help you bounce back faster

- Race day tips and tricks

Whether you're a beginner just starting out or a seasoned triathlete looking to improve your performance, *Get In The Zone To Achieve Your Personal Best Tri Edition* has something for you. This book is your roadmap to success on race day.

What's Inside?

Get In The Zone To Achieve Your Personal Best Tri Edition is divided into five sections:

1. **The Mental Game:** This section covers the importance of mental preparation for triathlon. You'll learn how to set goals, stay motivated, and deal with setbacks.
2. **Training:** This section provides a comprehensive overview of triathlon training. You'll learn how to create a personalized training plan, including tips on swimming, biking, and running.
3. **Nutrition:** This section covers the importance of nutrition for triathlon performance. You'll learn about what to eat before, during, and after your workouts and races.
4. **Recovery:** This section provides tips on how to recover from your workouts and races. You'll learn about the importance of sleep, stretching, and massage.
5. **Race Day:** This section provides tips on how to prepare for and perform your best on race day. You'll learn about pre-race nutrition, race day strategies, and post-race recovery.

Each section is written by an expert in the field of triathlon. The authors have decades of experience in helping triathletes achieve their personal best.

Testimonials

"Get In The Zone To Achieve Your Personal Best Tri Edition is the most comprehensive triathlon training book I've ever read. It's packed with valuable information that I've already started using to improve my training and racing." - Dave Scott, six-time Ironman world champion

"This book is a must-read for any triathlete who wants to take their performance to the next level. The authors provide expert advice on every aspect of triathlon training, from the mental game to race day strategy." - Chrissie Wellington, four-time Ironman world champion

"Get In The Zone To Achieve Your Personal Best Tri Edition is the perfect book for triathletes of all levels. Whether you're a beginner just starting out or a seasoned pro, you'll find valuable information in this book." - Mark Allen, six-time Ironman world champion

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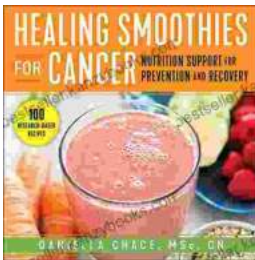
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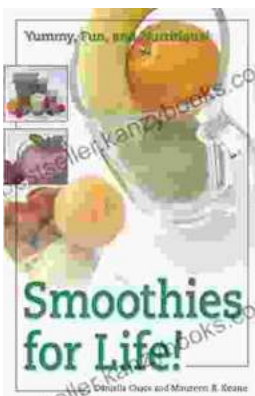
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