

# Unlock Your Triathlon Potential: The Ultimate Collection of Workouts



**Small Guide to Big Workouts: A Collection of the best swim, bike, run, strength, and mobility workouts from some of the best pros and coaches on the planet. (Train Hard. Race Easy. Book 2)** by Oscar Deers

★★★★★ 5 out of 5

Language : English  
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Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 52 pages  
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Are you ready to take your triathlon training to the next level? Our exclusive collection of workouts, meticulously curated from the training plans of elite athletes, is your key to unlocking your full potential in the swim, bike, and run.

## Swim Workouts: Master the Water



Streamline your stroke, increase your endurance, and conquer the open water with our carefully crafted swim workouts. From drills to interval training, we've got you covered.

### **Bike Workouts: Pedal to the Finish**



Push your limits on two wheels with our demanding bike workouts. Whether you're tackling hills or sprinting on the flats, these exercises will enhance your power, stamina, and technique.

**Run Workouts: Conquer the Road**



Prepare your legs for the final stretch with our comprehensive run workouts. Improve your pace, distance, and form with our targeted drills and interval training.

**Strength Training: Build a Foundation**



Complement your swim, bike, and run training with essential strength exercises. Strengthen your core, improve your flexibility, and prevent injuries with our tailored strength routines.

**Mobility Exercises: Stay Agile**



Maximize your performance and recovery with our comprehensive mobility exercises. Enhance your flexibility, reduce muscle soreness, and prepare your body for the rigors of triathlon.

### **Why Choose Our Collection?**

- **Expert-Curated Workouts:** Train like the pros with workouts designed by experienced triathlon coaches.

- **Progressive Training Plans:** Gradually increase your intensity and volume to optimize your fitness gains.
- **Detailed Instructions:** Clear and concise instructions guide you through each workout, ensuring proper technique.
- **Variety of Exercises:** Choose from a wide range of exercises tailored to your specific needs and goals.
- **Injury Prevention:** Incorporate strength and mobility exercises to minimize the risk of injuries.

## Free Download Your Copy Today

Don't miss out on this invaluable resource for triathletes at all levels. Free Download your copy of "Collection of the Best Swim, Bike, Run, Strength, and Mobility Workouts" today and unlock your potential in the sport.

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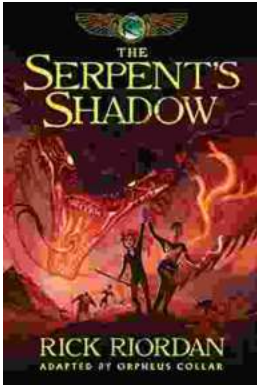
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