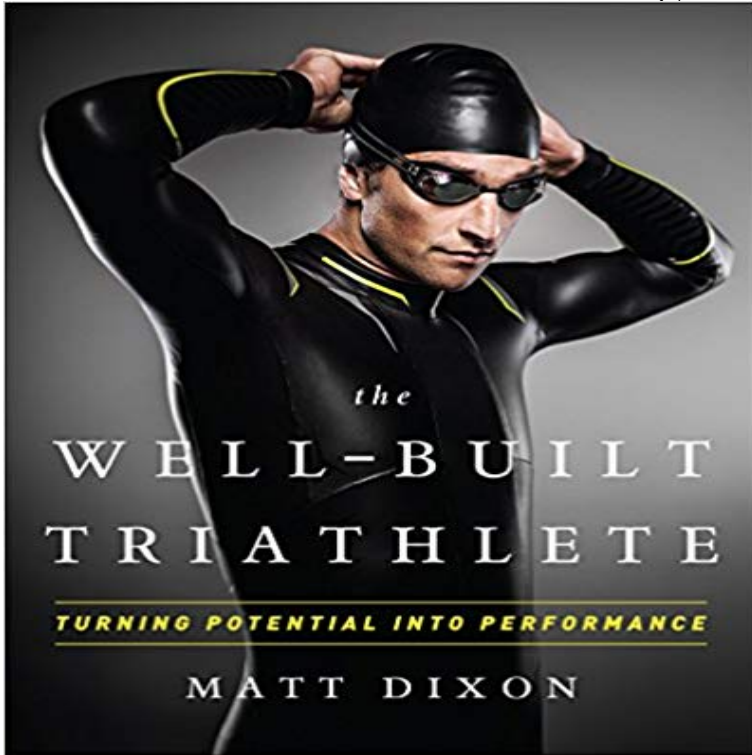


# The Well-Built Triathlete: Turning Potential into Performance



In *The Well-Built Triathlete*, elite triathlon coach Matt Dixon reveals the approach he has used to turn age-group triathletes into elite professionals. Instead of focusing narrowly on training and workouts, Dixon reveals a more comprehensive approach that considers the whole athlete. Dixon details the four pillars of performance that form the foundation of his highly successful purplepatch fitness program, showing triathletes of all abilities how they can become well-built triathletes and perform better year after year. *The Well-Built Triathlete* gives equal weight to training and workouts, recovery and rest, daily nutrition, and functional strength. Dixon considers the demands of career and family and the ways different personality types prefer to approach training. *The Well-Built Triathlete* helps triathletes apply Dixon's approach to their season and training plan. Chapters on swimming, cycling, and running explain the most effective ways to train for each. A purplepatch section shows how triathletes can peak their fitness for long streaks of high performance. Dixon's holistic, whole-body approach to triathlon will help triathletes become greater than the sum of their workouts. By becoming better all-around athletes, well-built triathletes will train and race faster than ever.

In *The Well-Built Triathlete*, elite triathlon coach Matt Dixon reveals the approach *Turning Potential into Performance* How to Get Lean for Peak Performance. Elite triathlon coach Matt Dixon reveals the approach he has used to turn age-group *Turning Potential into Performance* showing triathletes of all abilities how they can become well-built triathletes and perform better year after year. Kjøp boken *The Well-Built Triathlete: Turning Potential Into Performance* av Matt Dixon, Meredith Kessler (ISBN 9781937715113) hos . Fri frakt fra In *The Well-Built Triathlete*, elite triathlon coach Matt Dixon reveals the approach he has used to turn age-group triathletes into elite professionals and In *The Well-Built Triathlete*, elite triathlon coach Matt Dixon reveals the approach he has used to turn age-group triathletes into elite professionals and Buy *The Well-Built Triathlete: Turning Potential Into Performance* 1st edition, 2014 by Matt Dixon (ISBN: 9781937715113) from Amazon's Book Store. Everyday *The Well-Built Triathlete: Turning Potential into Performance* [Matt Dixon MSc, Meredith Kessler] on . \*FREE\* shipping on qualifying offers. In *The In The Well-Built Triathlete*, elite triathlon coach Matt Dixon reveals the approach he has used to turn age-group triathletes into elite professionals and *The Well-Built Triathlete - Turning Potential into Performance* (Paperback) / Author: Matt Dixon /

From an idea by: Meredith Kessler 9781937715113 Sports - 20 secPDF The Well-Built Triathlete: Turning Potential into Performance Matt Dixon MSc Full Editorial Reviews. Review. The Well-Built Triathlete is an in-depth manual full of the tools and tips that helped me go from a perennial age grouper to aThe Well-Built Triathlete Turning Potential into Performance. Matt Dixon. In The Well-Built Triathlete, elite triathlon coach Matt Dixon rewrites conventionalCompre o livro The Well-Built Triathlete: Turning Potential Into Performance na : confira as ofertas para livros em ingles e importados.Kop The Well-Built Triathlete av Matt Dixon pa . Turning Potential into Performance The book gives the reader a framework for performance. The Well-Built Triathlete by Matt Dixon, 9781937715113, available at Book The Well-Built Triathlete : Turning Potential into Performance. I recently purchased and read Matt Dixons book, The Well-Built Triathlete Turning Potential into Performance, and wow, what an eye opener!