



Zinn & the Art of Mountain Bike Maintenance : The World's Best-Selling Guide to Mountain Bike Repair (6th Edition)

Lennard Zinn

9781937715472, 1937715477

Pub Date: 2/7/18, On Sale Date: 1/10

\$27.95 USDDiscount Code: TP

496 pages / Two-color interior and illustrations throughout.

Trade Paperback

Travel / Special Interest / Bicycling

Ctn Qty: 14

11 in H | 8.5 in W


***Zinn & the Art of Mountain Bike Maintenance* is the world's best-selling guide to mountain bike maintenance and repair.** From basic repairs like how to fix a flat to advanced overhauls of drivetrains and brakes, Lennard Zinn's clearly illustrated guide makes every mountain bike repair and maintenance ...

Summary: *Zinn & the Art of Mountain Bike Maintenance* is the world's best-selling guide to the maintenance and repair of mountain bikes, hybrids, and fat bikes. From basic repairs like how to fix a flat to advanced overhauls of drivetrains and brakes, Lennard Zinn's clearly illustrated guide makes every bike repair and maintenance job easy for everyone.

Lennard Zinn is the world's leading expert on bike maintenance and repair. His friendly, step-by-step guide explains the tools and

Ulysses/Velo Top Backlist - Sports

VeloPress



Training and Racing with a Power Meter : Third Edition (3rd Edition)

Hunter Allen, Andrew R. Coggan

9781937715939, 1937715930

Pub Date: 4/17/19, On Sale Date: 3/20

\$26.95 USDDiscount Code: TP

384 pages / Two-color interior with charts and tables throughout.

Trade Paperback

Sports & Recreation / Triathlon

Ctn Qty: 16

9.3 in H | 7.4 in W

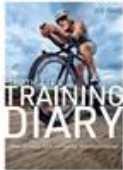
Summary: *Training and Racing with a Power Meter* brings the advanced power-based training techniques of elite cyclists and triathletes to everyone.

A power meter can unlock more speed and endurance than any other training tool—but only if you understand the data. This new third edition of *Training and Racing with a Power Meter* updates the comprehensive guide so that any rider can exploit the incredible usefulness of any power meter.

Pioneering cycling coach Hunter Allen and exercise physiologists Dr. Andy Coggan and Stephen McGregor show how to us...

Ulysses/Velo Top Backlist - Sports

VeloPress



The Triathlete's Training Diary : Your Ultimate Tool for Faster, Stronger Racing, 2nd Edition

Joe Friel

9781646046591, 1646046595

Pub Date: 1/2/24

\$19.95 USD

272 pages

Trade Paperback

Sports & Recreation / Triathlon

Ctn Qty: 30

9 in H | 6.5 in W


Summary: A perfect companion to any triathlon training program, *The Triathlete's Training Diary* offers an ideal way for you to plan, record, and better understand your workouts and performance.

With undated pages for use any time of the year, this diary offers plenty of space for all the objective and subjective performance metrics you might want to track in a smart format that's been carefully designed, tested, and refined by Joe Friel, the top coach in the sport of triathlon.

The Triathlete's Training Diary makes it easy to look up past workout...

Ulysses/Velo Top Backlist - Sports

VeloPress



Running Rewired : Reinvent Your Run for Stability, Strength, and Speed, 2nd Edition (Revised)

Jay Dicharry

9781646046522, 1646046528

Pub Date: 4/30/24

\$26.95 USD

320 pages / 4-color throughout

Trade Paperback

Sports & Recreation / Training

Ctn Qty: 20

9.5 in H | 7.5 in W

Summary: Become a stronger, faster, and more durable runner with a program created by America's leading endurance sports physical therapist—now updated to include the latest research and a new chapter to help runners combat common overuse injuries.

In this second edition of *Running Rewired*, Jay Dicharry distills cutting-edge biomechanical research into 16 workouts any runner can slot into their training program to begin seeing real results in as soon as 6 weeks.

For better or worse, your body drives your running form. *Running Rewired* will show yo...



The Triathlete's Training Bible : The World's Most Comprehensive Training Guide, 5th Edition (5th Edition)

Joe Friel

9781646046072, 1646046072

Pub Date: 1/2/24

\$27.95 USD

352 pages / black and white photos

Trade Paperback

Sports & Recreation / Training


Ctn Qty: 16

11 in H | 8.5 in W

Summary: *The Triathlete's Training Bible* is the bestselling and most comprehensive guide for aspiring and experienced triathletes, now updated to incorporate new training principles and the latest methodologies to help athletes train smarter than ever.

Joe Friel is the most trusted coach in the world and his proven triathlon training program has helped hundreds of thousands find success in the sport of triathlon.

Joe has greatly updated this new Fifth Edition of *The Triathlete's Training Bible* to incorporate new training methods, especially on wo...



Hansons Marathon Method : Run Your Fastest Marathon the Hansons Way (2nd Edition)

Luke Humphrey, Keith Hanson, Kevin Hanson

9781937715489, 1937715485

Pub Date: 1/1/16, On Sale Date: 12/3

\$19.95 USDDiscount Code: TP

256 pages

Trade Paperback

Sports & Recreation / Training

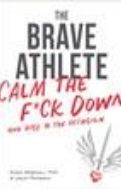
Ctn Qty: 32

9 in H | 6 in W

Summary: Run your first marathon or your fastest with *Hansons Marathon Method*, the revolutionary training program from one of the best running teams in the world, the Hansons-Brooks Distance Project.

In *Hansons Marathon Method*, the coaches of the Hansons-Brooks Distance Project reveal their innovative marathon training program that has helped thousands of runners become true marathoners and smash their personal bests.

Hansons Marathon Method tosses out mega-long runs and high-mileage weekends--two old-fashioned running traditions that often injur...



The Brave Athlete : Calm the F*ck Down and Rise to the Occasion

Simon Marshall PhD, Lesley Paterson

9781937715731, 1937715736

Pub Date: 6/8/17, On Sale Date: 5/5

\$24.95 USDDiscount Code: TP

360 pages / Full-color interior with tables and worksheets throughout.

Trade Paperback

Sports & Recreation / Training

Ctn Qty: 32

9.1 in H | 6.1 in W

Summary: *The Brave Athlete* solves the 13 most common mental conundrums athletes face in their everyday training and in races.

You don't have one brain you have three; your ancient Chimp brain that keeps you alive, your modern Professor brain that navigates the civilized world, and your Computer brain that accesses your memories and runs your habits (good and bad). They fight for control *all the time* and that's when bad things happen; you get crazy nervous before a race, you choke under pressure, you quit when the going gets tough, you make dumb m...



The Cyclist's Training Bible : The World's Most Comprehensive Training Guide (5th Edition)

Joe Friel

9781937715823, 1937715825

Pub Date: 4/11/18, On Sale Date: 3/16

\$26.95 USDDiscount Code: TP

344 pages / Two-color interior. Tables, charts, and figures throughout.

Trade Paperback

Sports & Recreation / Training

Ctn Qty: 18

11 in H | 8.5 in W

Summary: Train to win with Joe Friel and the definitive guide to optimal cycling performance.

Inside this all-new *Cyclist's Training Bible*, Joe Friel—cycling's most experienced personal coach—presents the latest discoveries in cycling science, data analysis, daily planning, and skills development to help you create a personal training plan for success. Whether you are training for road races, criteriums, time trials, or gravel races, or you just need to improve your climbing, sprinting, endurance, or recovery, *The Cyclist's Training Bible* covers...



Hal Koerner's Field Guide to Ultrarunning : Training for an Ultramarathon, from 50K to 100 Miles and Beyond

Hal Koerner, Adam W. Chase
9781937715229, 1937715221
Pub Date: 8/1/14, On Sale Date: 8/1
\$18.95 USDDiscount Code: TP
224 pages / B&w illustrations throughout.
Trade Paperback
Sports & Recreation / Training
Ctn Qty: 52
9 in H | 6 in W

Ultramarathons don't leave much room for mistakes. Don't learn the hard way: get a jump on training for an ultramarathon with *Hal Koerner's Field Guide to Ultrarunning*, a comprehensive handbook to running 30 to 100 miles and beyond, written by one of the most experienced and recognized athletes in t...

Summary: Ultramarathons don't leave much room for mistakes. Don't learn the hard way: get a jump on training for an ultramarathon with *Hal Koerner's Field Guide to Ultrarunning*, a comprehensive handbook to running 30 to 100 miles and beyond, written by one of the most experienced and recognized athletes in the sport.

Hal Koerner is among America's best ultrarunners with podium results in more than 90 ultramarathons. In his smart, down-to-earth handbook, Koerner shares hard-earned wisdom,



Your First Triathlon : Race-Ready in 5 Hours a Week, 2nd Edition (2nd Edition)

Joe Friel
9781934030868, 1934030864
Pub Date: 4/1/12, On Sale Date: 4/1
\$21.95 USDDiscount Code: TP
256 pages / B&w illustrations throughout.
Trade Paperback
Sports & Recreation / Training
Ctn Qty: 30
9 in H | 6 in W

Joe Friel is the world's most trusted triathlon coach and his friendly guide, *Your First Triathlon*, will get you ready for your first sprint or Olympic triathlon feeling strong, confident, and ready for the challenge.

Friel has helped hundreds of thousands of people to enjoy the challenges of triathl...

Summary: Get ready for your first triathlon with the sports #1 coach! Joe Friel is the world's most trusted triathlon coach and this accessible and friendly guide will get you ready for your first sprint or Olympic triathlon feeling strong, confident, and ready for the challenge.

Friel has helped hundreds of thousands of people to enjoy the challenges of triathlon with his clear and comprehensive Training...



Quick Strength for Runners : 8 Weeks to a Better Runner's Body

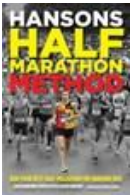
Jeff Horowitz
9781937715120, 1937715124
Pub Date: 12/4/13, On Sale Date: 12/4
Grades 12 And Up
\$19.95 USDDiscount Code: TP
224 pages / Full-color interior with photographs throughout.
Trade Paperback
Sports & Recreation / Training
Ctn Qty: 30
9 in H | 7 in W

Quick Strength for Runners offers a smart, fast-paced strength training program for runners who want to run faster and with fewer injuries.

Summary: *Quick Strength for Runners* offers a smart, fast-paced strength training program for runners who want to run faster and with fewer injuries. In under an hour a week, runners will strengthen their core and key running muscles to build a better runner's body.

Strength training is crucial to better running and injury prevention. But it's difficult to know which exercises work best for runners or to get motivated to hit the gym.

In *Quick Strength for Runners*, running coach and personal trainer Jeff Horowitz simplifies strength training into j...



Hansons Half-Marathon Method : Run Your Best Half-Marathon the Hansons Way


Luke Humphrey, Keith Hanson
9781937715199, 1937715191
Pub Date: 4/8/14, On Sale Date: 4/8
Grades 12 And Up
\$18.95 USDDiscount Code: TP
296 pages / Tables and illustrations throughout
Trade Paperback
Sports & Recreation / Training
Ctn Qty: 36
9 in H | 6 in W


The coaches of the Hansons-Brooks Distance Project reveal their training program for half-marathon, the fastest-growing running race distance.


Summary: ★★★★★ "The principles in this book will make you a better runner, PERIOD!"


Committed runners from all over the world have set new PRs with the Hansons training program. Now in *Hansons Half-Marathon Method*, the Hansons-Brooks team shares its unique, winning approach to the popular half-marathon distance.


With half-marathon training programs for intermediate and advanced runners, as well as a welcoming Just Finish Program for newer runners, *Hansons Half-Marathon Method* prepares all athletes for their best performance.

Ulysses/Velo Top Backlist - Sports		VeloPress
	The Triathlete's Training Bible : The World's Most Comprehensive Training Guide, 4th Ed. (4th Edition) Joe Friel 9781937715441, 1937715442 Pub Date: 11/15/16, On Sale Date: 10/15 \$26.95 USDDiscount Code: TP 352 pages / Two-color interior and figures, charts, and tables throughout Trade Paperback Sports & Recreation / Training Series: Training BibleTerritory: Ctn Qty: 18 11 in H 8.5 in W	Summary: <i>The Triathlete's Training Bible</i> is the bestselling and most comprehensive guide for aspiring and experienced triathletes. Joe Friel is the most trusted coach in the world and his proven triathlon training program has helped hundreds of thousands find success in the sport of triathlon. Joe has completely rewritten this new Fourth Edition of <i>The Triathlete's Training Bible</i> to incorporate new training principles and help athletes train smarter than ever. <i>The Triathlete's Training Bible</i> equips triathletes of all abilities with every detail th...

Ulysses/Velo Top Backlist - Sports		VeloPress
	The Time-Crunched Cyclist : Race-Winning Fitness in 6 Hours a Week, 3rd Ed. (3rd Edition) Chris Carmichael, Jim Rutberg 9781937715502, 1937715507 Pub Date: 3/7/17, On Sale Date: 2/19 \$21.95 USDDiscount Code: TP 440 pages / Two-color interior with charts, tables, and figures throughout Trade Paperback Sports & Recreation / Training Series: The Time-Crunched Athlete Territory: Ctn Qty: 18 9 in H 7 in W	Summary: <i>The Time-Crunched Cyclist</i> reveals the fastest way to get fit for road racing, century rides, gravel grinders, cyclocross, Gran Fondos, and mountain bike events. With elite cycling coach Chris Carmichael's innovative, time-saving approach, busy cyclists will develop fitness, speed, and power in just 6 hours a week. Now powered by Strava, this updated third edition of <i>The Time-Crunched Cyclist</i> training program taps into the most popular cycling social network to help cyclists get fired up to crush their workouts, one segment at a time. Th...

Ulysses/Velo Top Backlist - Sports		VeloPress
	Believe Training Journal (Electric Blue Edition) Lauren Fleshman, Roisin McGettigan-Dumas 9781948007061, 1948007061 Pub Date: 10/8/19, On Sale Date: 9/11 \$23.95 USDDiscount Code: TP 240 pages / Full-color interior with photographs and illustrations throughout. Trade Paperback Sports & Recreation / Track & Field Series: Believe Training JournalTerritory: Ctn Qty: 28 7.8 in H 6.3 in W	Summary: <i>The Believe Training Journal</i> was inspired...by YOU! Authors Lauren Fleshman and Roisin McGettigan-Dumas created the <i>Believe Training Journal</i> to help you become the runner you were meant to be. In the new Electric Blue edition, over one hundred runners from the Believe community are featured in the colorful end sheetsbecause we train, dream, and believe in community, and the shared running experience inspires us all. The <i>Believe Training Journal</i> has it all: designated grids for recording workout information as well as space to process and p...

Ulysses/Velo Top Backlist - Sports		VeloPress
	Hansons First Marathon : Step Up to 26.2 the Hansons Way Luke Humphrey, Keith Hanson, Kevin Hanson 9781937715793, 1937715795 Pub Date: 10/12/18, On Sale Date: 9/17 \$18.95 USDDiscount Code: TP 304 pages / B&w illustrations, charts, and tables throughout. Trade Paperback Sports & Recreation / Track & Field Ctn Qty: 32 9 in H 6 in W	Summary: With the right training, ANYONE can finish a marathon! "The results have been proven at every level, from the beginner to the elite, the Hanson's training system works." —Desiree Davila, Olympic marathoner <i>Hansons First Marathon</i> , from one of America's most successful marathon training groups, offers a smart, friendly guide to preparing for your first marathon. With their proven method, the coaches of the Hansons-Brooks Distance Project will show you how to break down the 26.2 miles into achievable daily workouts. By race day, you'll feel ...



Fast 5K : 25 Crucial Keys and 4 Training Plans

Pete Magill

9781937715922, 1937715922

Pub Date: 9/10/19, On Sale Date: 8/9

\$19.95 USDDiscount Code: TP

200 pages / Two-color interior with charts and tables throughout.

Trade Paperback

Sports & Recreation / Track & Field

Ctn Qty: 48

9 in H | 6 in W

Summary: Spend two hours with Pete Magill's *Fast 5K* and you'll know how to run your fastest 5K.

In his fast-paced, ultimate guide to 5K running races, celebrated running coach Pete Magill reveals the 25 crucial keys to setting your next 5K personal record. Magill shares hard-earned lessons he gained while leading 19 teams to USA national championships and setting multiple American and world age-group and masters records.

To run your fastest 5K, you'll need smart preparation. Magill shows how you can achieve top running fitness and racing readines...

Ulysses/Velo Top Backlist - Sports

VeloPress



Think Like a Runner : Understanding Why We Run and How to Do It Better

Jeff Horowitz

9781646047116, 1646047117

Pub Date: 10/8/24

\$19.95 USD

256 pages

Trade Paperback

Sports & Recreation / Running & Jogging

Ctn Qty: 36

9 in H | 6 in W


Summary: Run faster. Run farther. Run better. Discover exactly what it is that makes you a runner and improve your running technique with this practical guide packed with friendly advice, anecdotes, tips, and more.

We all decide to run for different reasons, whether it's to lose weight, improve health, or deal with stress in everyday life. But what is it that keeps you motivated to run, train, and race day after day? Professional runner and running coach Jeff Horowitz aims to answer this question in *Think Like a Runner*.

When you're just past mile...

Ulysses/Velo Top Backlist - Sports

VeloPress



Believe Training Journal (10th Anniversary Edition)

Lauren Fleshman, Roisin McGettigan-Dumas

9781646047406, 1646047400

Pub Date: 1/7/25

\$26.95 USD

240 pages / 4-color photos and illustrations throughout

Trade Paperback

Sports & Recreation / Running & Jogging

Series: Believe Training JournalTerritory:

Ctn Qty: 24


7.8 in H | 6.3 in W

Summary: Celebrate 10 years of running with *Believe Training Journal*, the best-selling comprehensive training journal from professional runners, now updated with even more wisdom, quotes, insights, and tools that will fire up every aspirational athlete's dreams and ambitions.

A good running journal makes the miles make sense. Pro athletes Lauren Fleshman and Roisín McGettigan-Dumas created the original *Believe Training Journal* to help you become the runner you were meant to be. Now, drawing from ten more years of lived experience as coaches, res...

Ulysses/Velo Top Backlist - Sports

Ulysses Press



Complete Krav Maga : The Ultimate Guide to Over 250 Self-Defense and Combative Techniques (2nd Edition)

Darren Levine, John Whitman

9781612435589, 1612435580

Pub Date: 6/14/16, On Sale Date: 6/14,

Ship Date: 5/23/16

\$24.95 USDDiscount Code: TP

384 pages / 200 black and white photos

Trade Paperback

Sports & Recreation / Martial Arts

Ctn Qty: 20

9.2 in H | 7.5 in W | 1.7 lb Wt

Summary: Learn the ultimate form of self defense with the top-selling guide to Krav Maga in an updated and expanded edition from Darren Levine.

All the defense moves in Complete Krav Maga—from beginner Yellow Belt to advanced Black Belt—are described in depth and illustrated with step-by-step photos:

- BEGINNER:** Punches, kicks, knee strikes and defense movements
- INTERMEDIATE:** Counterattacks against knives, guns and sticks
- ADVANCED:** Advanced strikes and ground fighting techniques

Based on the principle that it is best to move from defense to



Krav Maga for Beginners : A Step-by-Step Guide to the World's Easiest-to-Learn, Most-Effective Fitness and Fighting Program

Darren Levine, Ryan Hoover

9781569756614, 1569756619

Pub Date: 2/3/09, On Sale Date: 2/3

\$16.95 USDDiscount Code: TP

144 pages / 300 B&W photos

Trade Paperback

Sports & Recreation / Martial Arts

Ctn Qty: 20

9.3 in H | 7.5 in W | 0.9 lb Wt

Summary: Learn the basics of the ultimate self-defense technique, Krav Maga, the same martial arts practice taught to the most specially trained members of the armed forces.

As the official fighting system of the Israeli Defense Forces, Krav Maga has been battle-tested and has been proven successful. Its emphasis on instinctive movements and efficient counterattacks makes it an easy-to-learn and highly effective program for anyone—male or female, large or small, young or old.

Krav Maga for Beginners presents the system's fundamental techniques, i...



How Bad Do You Want It? : Mastering the Psychology of Mind over Muscle

Matt Fitzgerald

9781937715410, 1937715418

Pub Date: 10/15/15, On Sale Date: 10/15

Ages 18 to 80

\$19.95 USDDiscount Code: TP

272 pages

Trade Paperback

Sports & Recreation / History

Ctn Qty: 36

9 in H | 6 in W

Summary: The greatest athletic performances spring from the mind, not the body.

Elite athletes have known this for decades and now science is learning why it's true. In his fascinating new book *How Bad Do You Want It?*, coach Matt Fitzgerald examines more than a dozen pivotal races to discover the surprising ways elite athletes strengthen their mental toughness.

Fitzgerald puts you into the pulse-pounding action of more than a dozen epic races from running, cycling, triathlon, XTERRA, and rowing with thrilling race reports and revealing post-race ...



The Golf Bucket List : 100 Ideas for Enjoying the Great Game of Golf

Jeffrey Thoreson

9781646046850, 1646046854

Pub Date: 6/11/24

\$19.95 USD

160 pages

Hardcover Paper over boards

Sports & Recreation / Golf

Ctn Qty: 32

8.6 in H | 5.7 in W

Summary: Experience the glorious game of golf in a whole new way with this ultimate bucket list that spans the globe, for everyone who lives for their nine iron to the fan who loves watching The Masters played on TV.

Tired of playing the same eighteen holes every weekend? Then this book is for you. *The Golf Bucket List* will introduce you to new ways for you to enjoy the game of golf, from the 10 most unique golf experiences you should try, to the 10 knee-knocker tee shots you need to hit, to advice for how to play at the most exclusive U.S golf ...



Zinn & the Art of Road Bike Maintenance : The World's Best-Selling Bicycle Repair and Maintenance Guide, 6th Edition

Lennard Zinn

9781646046874, 1646046870

Pub Date: 6/25/24

\$27.95 USD

488 pages / Over 750 illustrations throughout

Trade Paperback

Sports & Recreation / Cycling


Ctn Qty: 8

11 in H | 8.5 in W

Summary: Join the millions of cyclists who swear by the name Zinn. Now in its sixth edition, *Zinn & the Art of Road Bike Maintenance* is the world's best-selling guide to bicycle repair and maintenance.

Lennard Zinn is the world's leading expert on bike maintenance and repair. From basic repairs like how to fix a flat tire to advanced overhauls of drivetrains and brakes, his illustrated, step-by-step guide explains the tools you'll need and how to know you've done the job right.

This book's interior is easy to read, even in a dimly lit garage or w...



Fast After 50 : How to Race Strong for the Rest of Your Life

Joe Friel
 9781937715267, 1937715264
 Pub Date: 1/10/15, On Sale Date: 1/10
 Ages 40 to 85
 \$21.95 USDDiscount Code: TP
 336 pages / B&w illustrations throughout.
 Trade Paperback
 Sports & Recreation / Cycling
 Ctn Qty: 18
 9 in H | 7 in W


Summary: **Faster, Stronger, Leaner—at any age! *Fast After 50* is for every endurance athlete who wants to stay fast for years to come.**

For runners, cyclists, triathletes, swimmers, rowers, and skiers, getting older doesn’t have to mean getting slower. Drawing from the most current research on aging and sports performance, Joe Friel—America’s leading endurance sports coach—shows how athletes can race strong and stay healthy well past age 50.

In his groundbreaking book *Fast After 50*, Friel offers a smart approach for athletes to ward off the effects ...

Ulysses/Velo Top Backlist - Sports

VeloPress



Racing Weight : How to Get Lean for Peak Performance, 2nd Edition (2nd Edition, New edition)

Matt Fitzgerald
 9781934030998, 1934030996
 Pub Date: 12/1/12, On Sale Date: 12/1
 \$18.95 USDDiscount Code: TP
 296 pages / B&w illustrations throughout.
 Trade Paperback
 Sports & Recreation / Cycling
 Series: The Racing Weight SeriesTerritory:
 Ctn Qty: 36
 9 in H | 6 in W

***Racing Weight* is a proven weight-management program designed specifically for endurance athletes.**


Revealing new research and drawing from the best practices of elite athletes, coach and nutritionist Matt Fitzgerald lays out six easy steps to help cyclists, triathletes, and runners lose weight without...

Summary: *Racing Weight* is a proven weight-management program designed specifically for endurance athletes.

Revealing new research and drawing from the best practices of elite athletes, coach and nutritionist Matt Fitzgerald lays out six easy steps to help cyclists, triathletes, and runners lose weight without harming their training.

Ulysses/Velo Top Backlist - Sports

VeloPress



The Feed Zone Cookbook : Fast and Flavorful Food for Athletes

Biju Thomas, Allen Lim
 9781934030769, 1934030767
 Pub Date: 11/1/11, On Sale Date: 11/1
 \$24.95 USDDiscount Code: HC
 320 pages / Tables and color photographs throughout
 Hardcover
 Sports & Recreation / Cycling
 Series: The Feed Zone SeriesTerritory:
 Ctn Qty: 16
 8.2 in H | 6.8 in W

***The Feed Zone Cookbook* offers 150 athlete-friendly recipes that are simple, delicious, and easy to prepare.**


When Dr. Allen Lim left the lab to work with pro cyclists, he found a peloton weary of food. For years the sport's elite athletes had been underperforming on bland fare and processed bars and g...

Summary: *The Feed Zone Cookbook* offers 150 athlete-friendly recipes that are simple, delicious, and easy to prepare.

When Dr. Allen Lim left the lab to work with pro cyclists, he found a peloton weary of food. For years the sport’s elite athletes had been underperforming on bland fare and processed bars and gels. Science held few easy answers for nutrition in the real world, where hungry athletes must buy ingredients; make meals; and ...

Ulysses/Velo Top Backlist - Sports

VeloPress



Strength Training for Triathletes : The Complete Program to Build Triathlon Power, Speed, and Muscular Endurance, 2nd Edition

Patrick Hagerman
 9781937715311, 1937715310
 Pub Date: 1/10/15, On Sale Date: 1/10
 \$21.95 USDDiscount Code: TP
 232 pages / Full-color tables and photographs throughout
 Trade Paperback
 Sports & Recreation / Bodybuilding & Weightlifting
 Ctn Qty: 26
 9 in H | 7 in W

Summary: **Stronger muscles last longer. Stronger triathletes bring more power, speed, lean mass, and muscular endurance to race day.**

Strength Training for Triathletes is a comprehensive strength training program for triathletes to build power, speed, and muscular endurance for faster racing over any race distance. While time is a precious commodity for every triathlete, every bit of time spent strength training pays off so you can become a stronger, faster, and more resilient athlete.

Certified USA Triathlon coach and NSCA Personal Trainer of the ...