



Life of a Triathlete: Race Preparation

Meredith B. Kessler, Aaron Kessler

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Life of a Triathlete: Race Preparation A guide for amateur and pro athletes In May of 2011, after thirty-nine straight Ironman finishes, Meredith Kessler passed out on the twenty-second mile of the marathon at Ironman St. George. At the time, she was all alone in second place. Even as a veteran of the sport, she still made a mistake that cost her \$25,000 in podium and sponsorship funding and a \$3,000 emergency room hospital bill. Life of a Triathlete is a guidebook to help elite and amateur competitors reach their goals by reducing the trial and error that plagues the sport. Triathlon books have traditionally focused on some combination of training methods, gear, and inspirational coaching. While these subjects, understandably, cannot be ignored when participating in the sport, there are ample additional avenues to consider in the effort to help you reach your objectives. Kessler approaches the book through a practical, business point of view, where the things done in preparation for a race will enable an athlete's peak performance. In the first two books of her Life of a Triathlete series, she covers topics ranging from the off-season, nutrition, hydration, and supplements to race-week tips, marketing, social media, expenses, taxes, and general organization. Life of a Triathlete examines how a perennial above-average amateur learned, through much trial and error, how to elevate herself and navigate the pro ranks. This manual does not discriminate based on level of competitiveness and the tips and techniques can be used across all sports. Meredith Kessler enjoys sharing her learned knowledge with the triathlon world and beyond so that athletes everywhere can reduce the time it takes to achieve their dreams. Authored By: Meredith B. Kessler 10x Ironman Champion, 20x 70.3 Champion & 50+ Full Ironman Races Completed & Aaron Kessler entrepreneur Foreword by: Chris Wright - competing amateur triathlete & businessman

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Joy Hutchinson:

Spent a free time to be fun activity to do! A lot of people spent their leisure time with their family, or their particular friends. Usually they performing activity like watching television, going to beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Do you wish to something different to fill your free time/ holiday? Can be reading a book may be option to fill your totally free time/ holiday. The first thing you ask may be what kinds of reserve that you should read. If you want to try look for book, may be the book untitled Life of a Triathlete: Race Preparation can be very good book to read. May be it is usually best activity to you.

Ann Fortune:

This Life of a Triathlete: Race Preparation is great publication for you because the content that is certainly full of information for you who always deal with world and get to make decision every minute. This book reveal it data accurately using great coordinate word or we can say no rambling sentences inside. So if you are read it hurriedly you can have whole info in it. Doesn't mean it only will give you straight forward sentences but hard core information with lovely delivering sentences. Having Life of a Triathlete: Race Preparation in your hand like having the world in your arm, info in it is not ridiculous 1. We can say that no book that offer you world inside ten or fifteen minute right but this guide already do that. So , this can be good reading book. Hi Mr. and Mrs. active do you still doubt that will?

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