



# 100 Essential Triathlon Sessions: The Definitive Training Programme for all Serious Triathletes

*Steve Trew, Dan Bullock*

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## **Triathlon training advice from two of the sport's top coaches**

The triathlon has seen huge changes in the past few decades: it has grown in popularity, been recognized as an Olympic sport, and witnessed a rapid increase in standards of performance at all levels. These changes have been accompanied by major developments in training principles and methods. Two of the UK's top triathlon coaches have teamed up to write this definitive training program for all serious triathletes. These 100 sessions—30 swim, 30 bike, 30 run, and 10 brick—have been developed and honed for many years, and have proved effective in improving performance.

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