

Fast Track Triathlete Balancing Big Life Performance

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Read excerpts from Fast-Track Triathlete! Click here to see selections from the book. Fast-Track Triathlete: Balancing a Big Life with Big Performance in Long-Course Triathlon Matt Dixon Paperback with 2-color interior. 85 tables and figures throughout. 7" x 9", 376 pp., \$24.95, 9781937715748

Fast-Track Triathlete by Matt Dixon - VeloPress

Description. In Fast-Track Triathlete, elite triathlon coach Matt Dixon offers his plan of attack for high performance in long-course triathlon—without sacrificing work or life.Developed for busy professionals with demanding schedules, the Fast-Track Triathlete program makes your PR possible in Ironman®, Ironman 70.3®, Rev3, and Challenge triathlon in about 10 hours a week.

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Fast-Track Triathlete: Balancing a Big Life with Big Performance in Long-Course Triathlon - Matt's new book, now available for pre-order as a signed copy. The Pillars of Performance with elite coach Matt Dixon | EP#13 - Matt's previous interview on That Triathlon Show

Balancing a Big Life with Big Performance - Matt Dixon | EP#60

Fast-Track Triathlete: Balancing a Big Life with Big Performance in Long-Course Triathlon (Inglés) Capa comum - ilustrado, 18 outubro 2017

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Fast-Track Triathlete (Paperback) Balancing a Big Life with Big Performance in Long-Course Triathlon. By Matt Dixon. VeloPress, 9781937715748, 384pp. Publication Date: October 18, 2017

Fast-Track Triathlete: Balancing a Big Life with Big ...

Fast-track triathlete - balancing a big life with big performance in long-course triathlon. [Matt Dixon, (Exercise physiologist)] -- "Training for long-course triathlons once demanded 15-20 hours each week - on top of work, family, travel and other time commitments.

Fast-track triathlete : balancing a big life with big ...

Episode 19: Jesse Thomas-Balancing a Big Life as Husband, Father, CEO, and Pro Triathlete In Part 1 the Jesse Thomas story with Matt Dixon, Jesse and Matt reminisced about Jesse's surprising and humorous entrance into the world of professional triathlon racing with his unsuspecting win at the legendary Wildflower Triathlon .

Episode 19: Jesse Thomas-Balancing a Big Life as Husband ...

Fast-Track Triathlete: Balancing a big life with big performance in long-course triathlon. Includes 14-week Race-Prep Plans "fewer hours, more focus, and better results." -Sami Inkinen, CEO and founder of Virta Health, co-founder of Trulia, and age-group triathlon world champion

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