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Strength training for triathlon

A correct strength training program increases strength in the muscles, joints, and connective tissues. This should lead to greater stability and fewer injuries.

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The focus of winter training is a little different from pre and mid season training. Now is the time when you can experiment with technique changes in your stroke

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Mark jarvis (author of strength and conditioning

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Mark Jarvis MSc ASCC. Mark has been working as an elite strength and conditioning coach since 2002. 4th Discipline; Testimonials; Articles;

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Weight lifting and triathlon training racetri

A great many tri-geeks are kinda convinced that strength training helps with triathlon and are therefore kinda committed to doing it. Can you blame us?

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