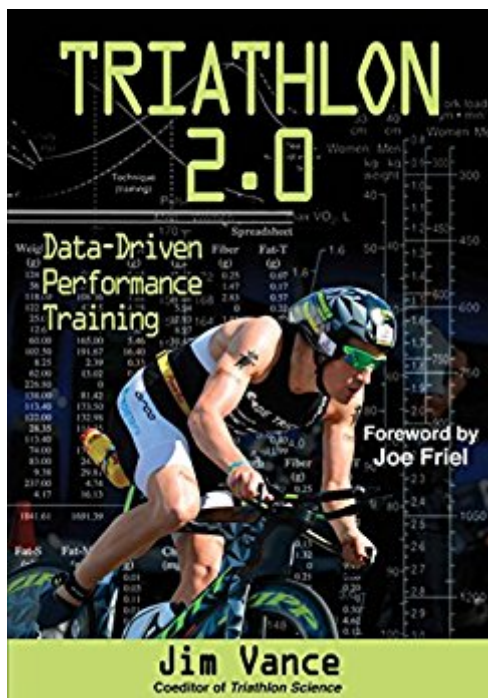


The book was found

Triathlon 2.0: Data-Driven Performance Training



Synopsis

Serious triathletes may be the most tech-savvy of all athletes. You have the latest devices and know that data to improve your performance are at hand, but putting it all together can be a daunting, confusing task. Triathlete, coach, researcher, and author Jim Vance maintains that, despite access to the relevant information, most triathletes start a race undertrained or overtrained. That's why he developed Triathlon 2.0: Data-Driven Performance Training, the first program to take advantage of the latest science and technology. Triathlon 2.0 examines the sport's most popular devices, including cycling power meters, GPS trackers, and heart rate monitors. Capture the most accurate readings, learn what they mean, and, just as important, what they don't. Then, put the numbers to work for you, translating your data into a comprehensive program based on your performance needs and triathlon goals. With Triathlon 2.0, you will learn these skills:

- Establish and identify optimal aerobic fitness base.
- Determine the exact number of intervals for the most effective training and quickest recovery.
- Identify performance markers to track training results.
- Develop a tapering plan for peak performance.
- Monitor pace and progress in real time.

If you're serious about maximizing performance, then turn to the only program built around your personal performance data. With Triathlon 2.0, the power and plan are in your hands.

Book Information

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Customer Reviews

Jim Vance's recent book Triathlon 2.0 was a fun read for a triathlete who's interested in using all of that data that we generate. Here is a high level list of bullet points from the book - It provides a solid list of key metrics along with their definitions as well as tables of typical values for finishers, competitive age groupers and elite athletes. - It really presents the case for CTL, ATL and TSB measurements. - It gives guidance on how to identify your weaknesses. - It gives guidance on how to detect that you've plateaued in a particular skill. - It covers everything from planning your season to post race analysis. - It plans bike race specific training and racing based on TSS - It has specific and measurable goals for tapering - It discusses how to assess the right bike cadence for you based on data - It offers specific suggestions for what you display on your watch while racing and why

Quoteable Quotes "Your plan better not be good- it must be great" "Stop focusing on the pace and focus more on good pacing" "It's hard to become faster if, in general, you are slow in your training." "If athletes aren't continuously improving, they are soon left behind, and this trend will only continue."

I got this book after listening to coach Vance (the author) in a podcast. This book is great for the triathlete who is looking to use data, specifically from training peaks, as metrics to review their performance, weakness and strengths as well as plan more specifically to reach their goals. The book is well written, and the author does a good job explaining the various metrics used in training peaks so that there is very little confusion.

I've had a power meter for a few years now and have never really understood what the graphs, lines and numbers have meant as they present in my Training Peaks account. But with this book, I'm finally getting it. Coach Vance does a great job of explaining the details with corresponding pictures and graphs without getting overly technical - he's a good teacher. Perhaps it's from years of working with his athletes, or from his personal experience racing, that allows Coach Vance to set the right tone throughout the book - he always seems to get to the quick and steer his points to the actionable. Thanks Coach, you've helped me!

I loved this book. Learned a lot from it. Little things I didn't understand well were answered here. Highly recommend to anyone looking for more data crunching numbers that help give answers to performance management.

Useful guide to understand the numbers and ratios of your training plan. A must when you use Training Peaks as your log program

Loved the book just will reread it to get all of the technical abbreviations down. Any triathlete can use this book to help them achieve their goals!

A tremendous training resource. I really enjoy the ability to evaluate my training and racing.

Great read. Excellent explanations and a must have handbook for coaches

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