



Triathlon Workout Planner

John Mora

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Train smarter and get better results no matter how busy your lifestyle. *Triathlon Workout Planner* is like having your own personal support team to prioritize training, fit workouts into your schedule, and plan for long-term racing success. By choosing the right workout at the right time, you can actually improve efficiency, technique, and overall fitness level in less time with these invaluable tools:

- Three or four key workouts that serve as the core of your weekly training schedule
- The 80/20 rule, which focuses on the 20% of training that gets 80% of the results
- Workout choices based on available time and target heart rate for customized training
- Eight weeks of log pages to gauge progress and make weekly adjustments, helping you stay on track and stay injury free
- Racing plans for every distance—from sprint to Ironman

Take control of your training and your schedule with *Triathlon Workout Planner*. Train more efficiently and effectively for better performance on and off the race course!

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