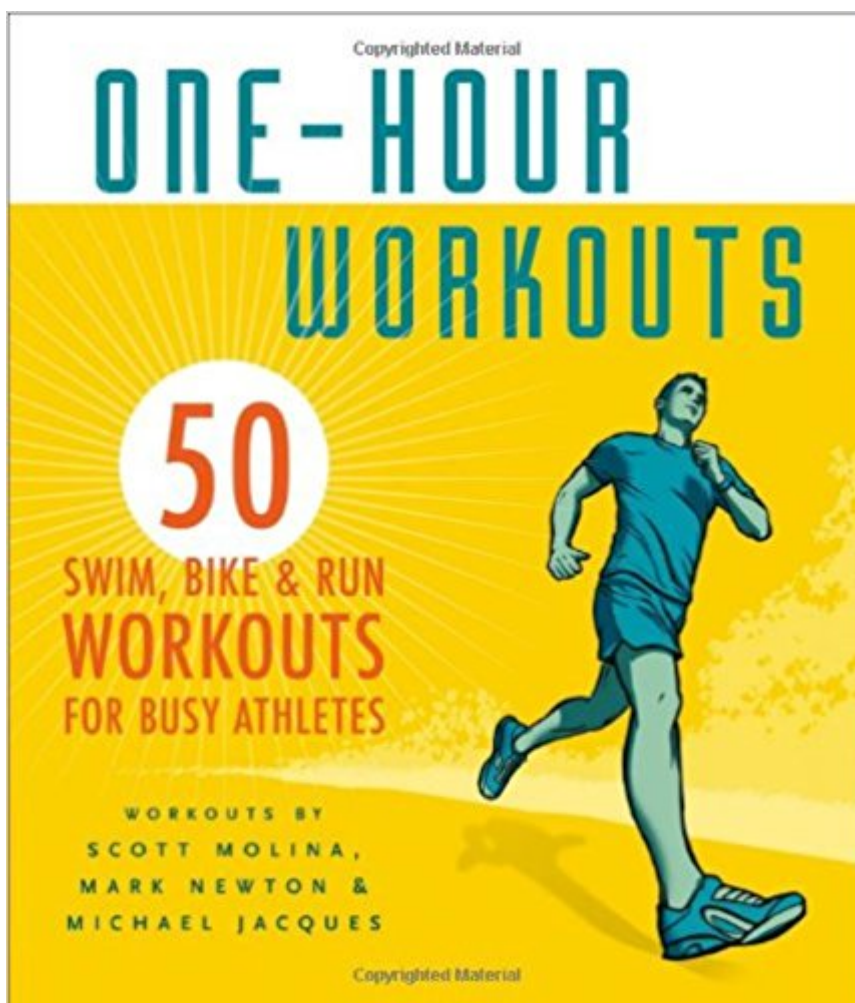


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# One-Hour Workouts: 50 Swim, Bike, And Run Workouts For Busy Athletes



## Synopsis

One-Hour Workouts is a collection of 50 swim, bike, and run workouts from top triathlon coaches that anyone can fit into a lunch hour--including warm-up and cool-down. If they could, most endurance athletes would love to set aside more time for training. But work, family, and real life too often get in the way of the cardinal rule for endurance athletes: never miss a workout. One-Hour Workouts is the perfect solution for athletes who are pressed for time. These 50 workouts are tightly focused so that athletes can get a quality training session in just one hour. Athletes can choose from base, tempo, or speed workouts in each sport to match their training plan's goal for the day. Former professional triathlete Scott Molina (The Terminator), Mark Newton, and Michael Jacques give athletes smart workouts that will complement their existing training and keep season goals on track even in the busiest of weeks.

## Book Information

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## Customer Reviews

"One-Hour Workouts is a practical guide for on-the-go athletes who need to maximize their 60-minute training window. The book has something for athletes of all levels." -- Triathlete magazine "[One-Hour Workouts is] an antidote to a busy day--just the thing for days where a one-hour window is all we've gotâ [This rugged, spiral-bound book will hold its own when tossed into a bag alongside your gear, and it's also compact, leaving plenty of room for that post-bike snack you're already looking forward to." -- LAVA magazine "I've been able to work almost all of [the One-Hour Workouts] into my training and I found them very effective...More than a few of them are now in my permanent rotation and are a welcome change. Interspersed throughout the book, the

authors offer nuggets of advice and humor making it a great book for everyone from busy business professionals to homemakers." -- TriEdge.net

"One-Hour Workouts" is the perfect solution for the not-so-perfect day. You don't need to compromise your training or miss a workout just because you are short on time. Former pro triathlete Scott Molina and multisport coaches Mark Newton and Michael Jacques have compiled 50 high-quality swim, bike, and run sessions to complement your current training program: - Choose from Base, Tempo, and Speed workouts - Modify workouts to match your fitness level - Get coaching tips for better technique - Follow workout progressions for specific training You can also use "One-Hour Workouts" to achieve more balanced fitness with 10 bonus crosstraining and combination workouts. Make your time in the gym more fun with Molina's drill sessions for running and swimming and a fully illustrated strength regimen. If the gym's not for you, build muscular endurance for triathlon with a handful of 60-minute bricks. Whether you are racing daybreak, breaking a sweat over your lunch hour, or stealing minutes wherever you can find them, these workouts will keep your endorphins flowing and your goals within reach even in the busiest weeks.

You get that for which you pay. This book delivers on its promise. None of the workouts are "run for one hour" either. As an active triathlete, I am always looking for workouts to insert into my annual training plan. This book comes with 50 base, tempo, and speed workouts in each discipline. Basically, that gives you five or six workouts you can incorporate into each phase of your training (base, build, peak, etc). In addition, the authors provide advice on almost all the workouts on how to change it up, adapt it to your situation, and create different flavors of the same workout. For those of us that crave variety, this book doesn't have enough workouts to build an entire annual training plan for every distance, but it does have some really good workouts and advice on how to implement them. I gave this book five stars because it is deserved. What frustrates me, however, is a lack of "advanced workouts" that coaches save for the athletes they are personally training. Even just one or two of those per discipline would have been nice (and that's really the only complaint I could come up with :-). Overall, this book is an excellent value. A few judicious purchases of other books with workouts combined with some internet research, and you'll have everything you need to fill in the workouts for an entire season of triathlon training.

If you want to make sure you're getting everything you can out of a little amount of time while training for a triathlon this book is for you. I'm out of bed by 4:30 and in the pool by 4:40 and can still

get to work by 7, even while taking care of all my lady business. It also has given me lots of ideas on how to train so that I don't lose my mind with boredom. I write the swim workout on my arm and it has been really effective. Lots of helpful tips and reasons why you need to incorporate certain aspects into your training, like brick.

I am new to triathlon training, and I needed some easy-to-grasp "short" workouts to get me started in my training over the winter. I was very impressed with the quality of the book's design & construction (all laminated pages, small enough to bring to the gym with you) and the clarity of the instructions. I can't wait to put these workouts to use!

Great workouts for those with limited time. Variety is key, as well as making the workout worth the effort. Great for athletes and those just needing some fresh workout ideas.

This is my first review of anything on but I wanted to let everyone know how happy I am with this book. As a tri coach, I have workout plans at my fingertips from sprint to full iron distance any time I want. So why did I get this book? I needed something to spice up and give variety to my training. I needed something to get me excited about getting on the track again because 800m yasso's werent doing it anymore. I used one of the workouts the other night at my fall run session and my athletes love the variety. I also loved the very basic explanations on what the workout is and why to do it. I've been struggling to get back in the water, though I love swimming, because I have done all the same swim workouts for the last 5 years. These 1-hour workouts will get me back to the pool and not have me overwhelmed by a 4000 starting workout. I'll be adding lots of the workouts in throughout my training and coaching. This isnt a replacement for my program but a supplement for when I need something different. I think I'll even buy another so that my co-coach can have one for herself!

A+++++

I like this book as it was great workout ideas and is well organized. I especially like how the pages are sturdy and laminated, spiral bound for easy gym transporting. Need to use it more though as I tend to do my own workouts.

Great quick reference! Durable for keeping in your gym bag.

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