

## Fast Track Triathlete Balancing Big Life Performance

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Now Fast-Track Triathlete opens the door to your best performance in full- and half-distance triathlons in half the traditional training time. Dixon's laser-focused, effective approach to workouts, recovery, strength and mobility, and nutrition means you can prepare for triathlon's greatest challenges in just 7-10 hours per week for half-distance and 10-12 hours per week for full-distance.

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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

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Fast-Track Triathlete: Balancing a Big Life with Big Performance in Long-Course Triathlon. Amazon.com Price: \$ 19.42 (as of 10/11/2020 14:01 PST- Details) & FREE Shipping.

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Fast-Track Triathlete. Balancing a Big Life with Big Performance in Long-Course Triathlon. By Matt Dixon. \$24.95 \$17.47. Matt Dixon offers his plan of attack for high performance in long-course triathlon without sacrificing work or life. Fast-Track Triathlete quantity.

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The following is an excerpt from Fast-Track Triathlete: Balancing a Big Life with Big Performance in Long-Course Triathlon by Matt Dixon and has been reprinted with permission from VeloPress. Working with a coach can be a smart and beneficial step to help you achieve success in triathlon. However, you must understand that the coach is not the catalyst for your success.

~~The Athlete Coach Relationship | TrainingPeaks~~

Fast-Track Triathlete: Balancing a Big Life with Big Performance in Long-Course Triathlon by Dixon MSc, Matt. Click here for the lowest price! Paperback, 9781937715748, 1937715744

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For those looking for Ironman training books, legendary pro Matt Dixon delivers the goods in his Fast-Track Triathlete: Balancing a Big Life with Big Performance in Long-Course Triathlon. Dixon delivers a revolutionary to triathlon training, as well as specifics related to recovery, strength and mobility, and nutrition.

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Fast-Track Triathlete : Balancing a Big Life with Big Performance in Long-Course Triathlon. 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.

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Developed for busy professionals with demanding schedules, the Fast-Track Triathlete program makes your PR possible in Ironman \u00ae, Ironman 70.3 \u00ae, Rev3, and Challenge triathlon in about 10 hours a week. 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~~

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