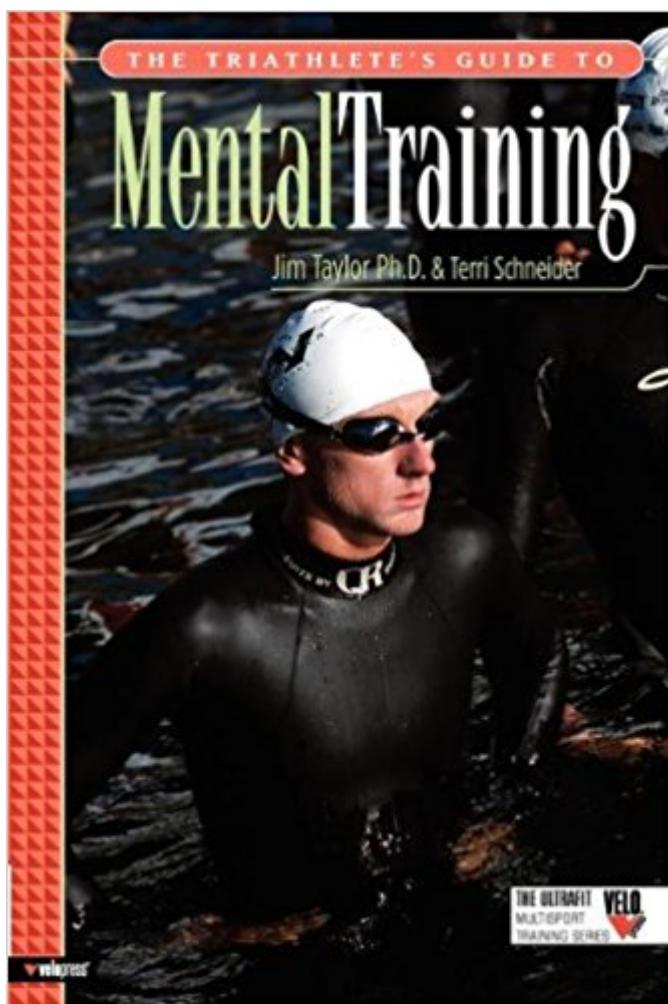


The book was found

# The Triathlete's Guide To Mental Training (Ultrafit Multisport Training)



## Synopsis

Triathlon is certainly physically demanding, to say the least, but most triathletes would agree that it is the mental aspect that can determine whether or not they achieve their competitive goals.

Resources addressing this key aspect have been hard to come by -- until now. In "The Triathlete's Guide to Mental Training," the authors -- both accomplished sport psychologists and Ironman triathletes -- offer readers in-depth, practical information and skills they can use to build mental muscle. Readers learn first how to assess their psychological strengths and weaknesses, and then discover the six mental factors that most affect triathlon performance. The book includes essential tools for training and competition, such as routines, mental imagery, and tips on getting organized and setting goals, and also explores what it takes to be an Ironman, the unhealthy side of triathlon, and valuable lessons to be learned from the world's best triathletes.

## Book Information

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## Customer Reviews

Jim Taylor, a Vancouver-based, nationally syndicated sports columnist for the "Calgary Sun," has covered the Canadian sports scene as writer and columnist for 45 years. He is the author of eight previous books, including biographies of hockey stars Wayne Gretzky and Igor Larionov, and the epic round-the-world wheelchair journey of Rick Hansen. Gordon Kirby has written about motor racing for 30 years. He is the American editor for the British publication, "Autosport." His most recent book is "Bobby Rahal: The Graceful Champion." He is also working on a book about Mario Andretti's career. Dan Proudfit has covered motor racing since 1966 for numerous media outlets

and since 1984 has written about the sport for "The Toronto Sun," A hobby racer in the 1980s in vintage and amateur F2000 classes. Proudfoot ranks Greg Moore's astonishing CART debut in 1996 with Gilles Villeneuve's winning the Grand Prix in Montreal in 1978 among his most memorable moments in racing.

A must for any triathlete who wants to succeed. Very good read, good insight from pro triathletes and coaches. It really helped me figure out my weaknesses and how to fix them. I thought about the prescribed mantras during my last race and it definitely helped me to have the strongest mental race I've had.

being new to the tri world, this book has helped me to work on overcoming my fear of open water swims!

I am taking more from this book than just mental training. it is already helping my training and i am only 1/2 way through the book

I found this book to be good with many ideas. It did get a little redundant at times, which can probably be attributed to emphasizing approaches to mental training. It definitely gets across the need for mental preparedness and ways to go about it. Reading it a couple times and and doing the exercises included in the various chapters is necessary to get the most from the book and approach.

Ok book, not much meat. Basically a long way of saying: You can do it if you believe you can!The book should have been a couple of chapters long, but it feels padded. Most of the stuff gets said, then re-stated in a slightly different way several times.

I was hesitant to buy this wondering if I could really learn something about mental training from a book. I decided to give it a try and I am very glad I did. This is one of the best Ironman prep books I've read. I highly recommend it.

I started reading this book because I was struggling with my bike racing and ironman training. With racing criteriums it involved getting myself ahead in the pack, being worthy of staying in front and preparing physically and mentally for the training load of an ironman triathlon.Step by step the book

slowly guides the reader through numerous stages of fear/suffering/pain management/human emotions under stress--all the wild head games we go through as we walk through our lives. The reader is automatically comforted by the normalcy of human emotion and feeling "okay" with oneself as author Jim Taylor uses direct quotes and examples from professional triathletes who have also suffered the same mental games. After two weeks of reading the book, I had my first cycling time trial. It took most of my mental patience and mind control to visualize myself hurting, suffering and pushing through the race. On race day I played positive dreams over and over again in my mind (realistic of course.) I practiced the ways of the book and used up every ounce of my physical energy during the race, repeating phrases like "Focus Forward" to drive the energy ahead and ended up winning the race. I truly believe that Jim Taylor's book helped me get in touch with the real competitor inside myself. Not only has it helped my racing and training, but it has helped me accomplish numerous goals in my everyday life. A wonderful and insightful read. It's been a lot of fun!

FINALLY....a book that DOESN'T dwell on the "zone", "left brain/right brain", visualizations, etc.... That's all pertinent info and great for technical sports (golf, bowling, target shooting, etc...), but when you're turning your guts inside out under the hot summer sun, and you have demons in your head screaming to stop....you need a bit more mental ammo than that. As a competitive cyclist, it was imperative I learn how to control my thoughts & emotions, eliminate my mental limitations, overcome mental weaknesses, endure the physical discomfort, etc.... From the most fundamental level, to the "how to" details, this book would help any athlete (regardless of discipline) in turning mental weaknesses into strengths. This is THE ONLY book that I've found that discusses such topics. Well written, and highly recommended.

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