



# The Triathlete's Guide to Bike Training (Ultrafit Multisport Training)

*Lynda Wallenfels*

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This training manual is designed to take a triathlete's cycling performance to the next level. It includes step-by-step guides for setting up the bike for a perfect fit, analyzing strengths and weaknesses, and working out training plans geared toward getting athletes in peak condition for their races. It also provides clear descriptions of core training and flexibility exercises to reach a personal-best performance, as well as calculations to work out the goal events and race-specific limiters.

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