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The cross-training effect that athletes achieve from training for one sport by doing a second activity applies to triathlon training. Additional activities that triathletes perform for cross-training benefits are yoga, pilates, and weight training.

Swimming Triathletes

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will often use their legs less vigorously and more carefully than other ...

Triathlon - Wikipedia

With triathlon you naturally incorporate cross-training as you prepare for all three disciplines, resulting in more well-rounded, full-body strength. Weight management: If losing weight is a goal for you, triathlon training will help you meet the

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recommended weekly exercise goals for weight loss. Swimming, biking, and running all scorch ...

The Complete Beginner's Guide to Sprint Triathlon Training

This beginner's plan was created specifically for the classic distance race at the 2016 Nautica Malibu Triathlon presented by Equinox,

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which includes a half-mile ocean swim, an 18-mile bike segment and a four-mile run. This program assumes you have limited multisport experience and you're beginning your training straight off the couch.

A 12-Week Triathlon Training Plan For Beginners | ACTIVE

Training doesn't have to feel hard-core, says Schneider, who created

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this newbie mini-triathlon guide. Include speed bursts in at least one cardio workout per week; on strength days, do at least one exercise for each muscle group. (This at-home full-body routine is a stellar option to start with!) Here's how to get race-day ready in eight weeks:

Mini-Triathlon Training Plan for Beginners | Shape

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#1) Lose weight, look good naked: You can find study [16] after study [17] after study [18] that shows you the benefits of strength training for weight management when combined with “calorie restriction.” (eating fewer calories than you burn every day), such as greater fat loss and improvements in muscle mass. Additionally, the combination ...

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Strength Training & Weight Training 101: How to Get Strong

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