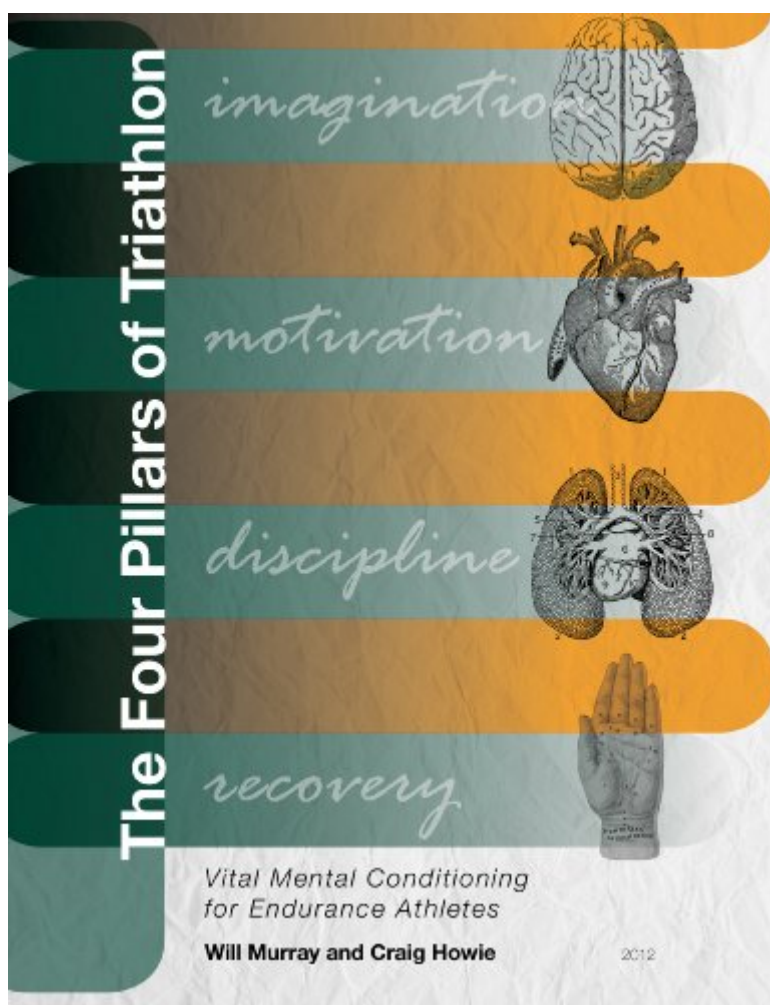


The book was found

The Four Pillars Of Triathlon: Vital Mental Conditioning For Endurance Athletes



Synopsis

The Four Pillars of Triathlon: Vital Mental Conditioning for Endurance Athletes. Twenty-eight specific, effective and durable techniques to improve your racing and training experience using the Four Pillars: Imagination, Motivation, Discipline and Recovery. The Four Pillars has practical, easy, fast and durable techniques that you can self-administer or use with a helper. Like a training program for your mind, The Four Pillars offers a set of remarkably effective techniques to build on your mental powers to overcome obstacles and enable you to go to greater heights. These techniques also transfer to other aspects of your life beyond endurance sports. This is not a book of what you should do to enhance the mental side of your performance. It explains in clear steps exactly how to do it. Many of the techniques are deceptively simple and easy, yet work amazingly well. If improving your mental conditioning is hard, you are not doing it right.

Book Information

File Size: 2883 KB

Print Length: 132 pages

Simultaneous Device Usage: Unlimited

Publication Date: August 1, 2012

Sold by: Digital Services LLC

Language: English

ASIN: B00ARWQ85M

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #372,934 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #65

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Triathlon #150

in Books > Sports & Outdoors > Individual Sports > Triathlon #2189 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness

Customer Reviews

For athletes, the most underleveraged tool is often mental. This book is written by top-performing endurance athletes who had to figure this out for themselves. They share a powerful, practical and proven step-by-step guide which can be used by anyone who wants to improve their physical

performance, well-being and experience by utilizing a powerful resource -- the mind. Nicely done!

Great practical and effective book. Talks about the "whys" and the "hows". Love the exercises as they truly bring home the point of the information.

Lots of good practice in this! I've never been good at the visualizations but these are great since they are very specific.

Very informative information - I'm a runner only

[Download to continue reading...](#)

The Four Pillars of Triathlon: Vital Mental Conditioning for Endurance Athletes Training Plans for Multisport Athletes: Your Essential Guide to Triathlon, Duathlon, Xterra, Ironman & Endurance Racing IronFit Triathlon Training for Women: Training Programs and Secrets for Success in all Triathlon Distances The Complete Guide to Triathlon Swimming And Training: Discover How To Quickly And Easily Swim Faster And More Efficiently, Overcome Your Fears, And Have Your Best Triathlon Yet IronFit Secrets for Half Iron-Distance Triathlon Success: Time-Efficient Training For Triathlon's Most Popular Distance The Mental Game of Poker 2: Proven Strategies for Improving Poker Skill, Increasing Mental Endurance, and Playing in the Zone Consistently Strength Training for Triathletes: The Complete Program to Build Triathlon Power, Speed, and Muscular Endurance Start to Finish Ironman Training 24 Weeks to an Endurance Triathlon Start to Finish: 24 Weeks to an Endurance Triathlon Finding Triathlon: How Endurance Sports Explain the World Serious Training for Endurance Athletes 2nd IronFit Strength Training and Nutrition for Endurance Athletes: Time Efficient Training Secrets For Breakthrough Fitness LeBron James (3rd Revised Edition) (Amazing Athletes) (Amazing Athletes (Paperback)) Alex Morgan (Amazing Athletes) (Amazing Athletes (Paperback)) Total Sports Conditioning for Athletes 50+: Workouts for Staying at the Top of Your Game Conditioning Young Athletes Complete Conditioning for Rugby (Complete Conditioning for Sports Series) Complete Conditioning for Volleyball (Complete Conditioning for Sports Series) Complete Conditioning for Swimming (Complete Conditioning for Sports Series) Modern Refrigeration and Air Conditioning (Modern Refrigeration and Air Conditioning)

Contact Us

DMCA

[Privacy](#)

[FAQ & Help](#)