



# Athlete Education Series

## Offseason Reading Recommendations

### Swim

- *Swim Speed Secrets for Swimmers and Triathletes: Master the Freestyle Technique Used by the World's Fastest Swimmers.* (2012). Sheila Taormina

### Bike

- *Training and Racing with a Power Meter.* (2010). Hunter Allen & Andrew Coggan
- *The Power Meter Handbook: A User's Guide for Cyclists and Triathletes.* (2012). Joe Friel

### Run

- *Hansons Marathon Method: Run Your Fastest Marathon the Hansons Way.* (2016). Luke Humphrey & Kevin Hanson
- *Daniels' Running Formula.* (2013). Jack Daniels

### Nutrition

- *ROAR: How to Match Your Food and Fitness to Your Unique Female Physiology for Optimum Performance, Great Health, and a Strong, Lean Body for Life.* (2016). Stacy Sims and Selene Yeager
- *Nutrition Periodization for Athletes: Taking Traditional Sports Nutrition to the Next Level.* (2011). Bob Seebohar

### Psychology

- *How Bad Do You Want It?: Mastering the Psychology of Mind over Muscle.* (2015). Matt Fitzgerald
- *The Brave Athlete: Calm the F\*ck Down and Rise to the Occasion.* (2017). Simon Marshall & Lesley Paterson

### Everything

- *I'm Here to Win: A World Champion's Advice for Peak Performance.* (2013). Chris McCormack & Mark Allen
- *Iron War: Dave Scott, Mark Allen, and the Greatest Race Ever Run.* (2012). Matt Fitzgerald
- *A Life Without Limits: A World Champion's Journey.* (2013). Chrissie Wellington
- *The Triathlete's Training Bible: The World's Most Comprehensive Training Guide.* (2016). Joe Friel