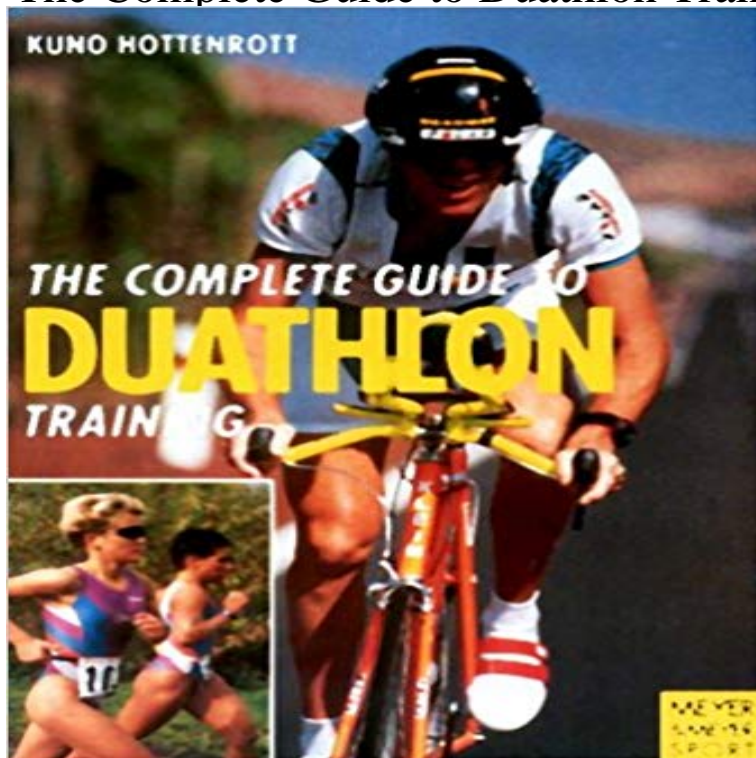


# The Complete Guide to Duathlon Training



This guide to duathlon training for both high performance and leisure athletes is based on practical training experience with top athletes of the DTU (German Triathlon Union), the DLV (German Track and Field Federation) and the BDR (German Cyclist Union), including the European champion Ralf Eggert and World Champion Normann Stadler. The book covers: all aspects of cycling and running techniques; training monitoring with lactate and heart rate measurement; nutrition tailored to duathlon, including diet programmes; the problems of false and excessive training; and multi week training schedules for pre-season and in-season training and units for coupling training.

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