



# **One-Hour Workouts: 50 Swim, Bike, and Run Workouts for Busy Athletes**

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*One-Hour Workouts* is a collection of 50 swim, bike, and run workouts from top triathlon coaches that anyone can fit into a lunch hour--including warm-up and cool-down.

If they could, most endurance athletes would love to set aside more time for training. But work, family, and real life too often get in the way of the cardinal rule for endurance athletes: never miss a workout.

*One-Hour Workouts* is the perfect solution for athletes who are pressed for time. These 50 workouts are tightly focused so that athletes can get a quality training session in just one hour. Athletes can choose from base, tempo, or speed workouts in each sport to match their training plan's goal for the day.

Former professional triathlete Scott Molina (The Terminator), Mark Newton, and Michael Jacques give athletes smart workouts that will complement their existing training and keep season goals on track even in the busiest of weeks.

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