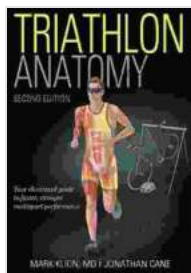


# Triathlon Anatomy: A Comprehensive Guide to the Muscular, Skeletal, and Functional Anatomy of Triathletes by Mark Klion

Triathlon Anatomy is a comprehensive guide to the muscular, skeletal, and functional anatomy of triathletes. It is written by Mark Klion, a certified strength and conditioning specialist and USA Triathlon-certified coach. The book is divided into three parts:



## Triathlon Anatomy by Mark Klion

★★★★☆ 4.8 out of 5

Language	: English
File size	: 127214 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 224 pages
Lending	: Enabled



1. **Part 1: Muscular Anatomy**
2. **Part 2: Skeletal Anatomy**
3. **Part 3: Functional Anatomy**

Part 1 covers the major muscle groups involved in triathlon, including the muscles of the upper body, lower body, and core. Part 2 covers the bones and joints of the skeleton, with a focus on the areas that are most commonly affected by triathlon training and racing. Part 3 covers the

functional anatomy of triathlon, including the biomechanics of swimming, biking, and running.

## **Key Features**

- Over 200 full-color illustrations
- Detailed descriptions of the muscular, skeletal, and functional anatomy of triathletes
- Training tips and exercises to help triathletes improve their performance
- A glossary of terms

## **Benefits of Reading Triathlon Anatomy**

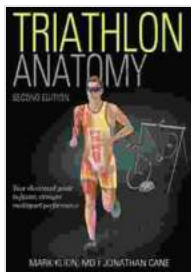
Reading Triathlon Anatomy can help triathletes improve their performance in a number of ways. By understanding the muscular, skeletal, and functional anatomy of their bodies, triathletes can:

- Improve their training efficiency
- Reduce their risk of injury
- Enhance their recovery from training and racing
- Maximize their performance on race day

Triathlon Anatomy is an essential resource for any triathlete who wants to improve their performance. It is a comprehensive guide to the muscular, skeletal, and functional anatomy of triathletes, and it is packed with training tips and exercises to help triathletes reach their goals.

## **About the Author**

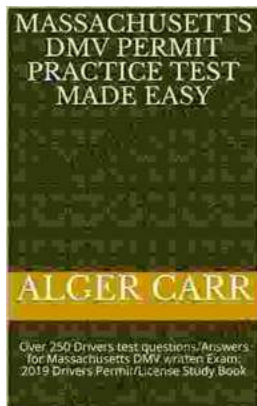
Mark Klion is a certified strength and conditioning specialist and USA Triathlon-certified coach. He has worked with triathletes of all levels, from beginners to elite athletes. He is the author of several books on triathlon training, including Triathlon Anatomy and Triathlon Training Bible.



### Triathlon Anatomy by Mark Klion

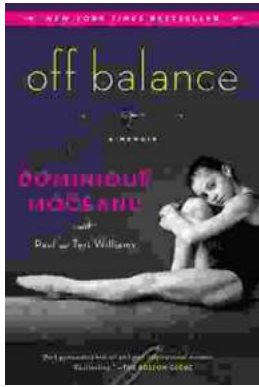
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