

MULTISPORT TRAINING



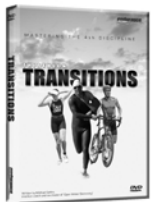
USAT ART & SCIENCE LECTURE SERIES

This 3 DVD, 12 hour international symposium is an in depth look at the most cutting edge techniques and training philosophies brought to you by the leading minds in the sport. Whether you are a serious athlete or coach, "The Art & Science of Triathlon" will educate you on the future of triathlon training.



4 KEYS TO LONG COURSE TRIATHLON

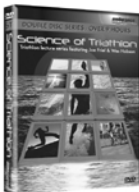
13 combined years of iron distance coaching condensed into four basic laws, or keys, of racing. With this 90 min DVD, The Four Keys provides a simple but empowering strategy to Ironman racing that will ensure you make the right choices needed for a successful race.



TRIATHLON TRANSITIONS

Learn essential training techniques and drills to improve your transition times from swim-bike and bike-run. Even if you are a novice level racer, there is no reason why you can't learn, practice and master transitions like a pro.

Includes tips from elites Joanna Zeiger, Conrad Stoltz, Karen Smyers, Greg Bennett, Matt Reed and more!



SCIENCE OF TRIATHLON

2-DISC LECTURE SERIES

Spanning over 9 hours, this lecture series covers Periodization, Goal Setting, Visualization, Weekly Planning, Nutrition, Transitions, Running, Swimming and Cycling. Features legendary coach Joe Friel and former elite Wes Hobson.



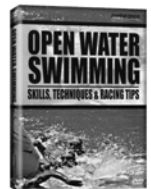
EVOLUTION RUNNING

Athletes in every sport devote enormous attention to perfecting even minute details of the movements they will be required to produce in competition. Running should be no exception. Featuring Joe Friel and Ultrafit director of training.



TRIATHLON: RACING FASTER

The ultimate "how to" guide to triathlon. From novice to elite, RACING FASTER is a unique and pragmatic training resource to racing smarter and faster in triathlon competitions. Features Wes Hobson, Olympic Coach Michelle Blessing, Chris McCormack, Ryan Bolton, Joe Friel & more.



OPEN WATER SWIMMING

Takes you through the steps and skills, both fundamental and advanced, needed to perform to the best of your ability while enjoying open water and triathlon competitions. Includes extensive pool drills, course evaluation, and open water techniques.



TRIATHLON: THROUGH EYES OF THE ELITE

Triathlon joined the Olympic scene in 2000. See how it all began in this timeless look at the sport of triathlon and the formation of the inaugural US Olympic Triathlon team. Features current and former top pros as well as legends Dave Scott, Mark Allen, and Scott Tinley.



GO SWIM - FREESTYLE

This video presents world champion Karlyn Pipes Neilsen's key focus points to mastering freestyle. With extraordinary swim footage, clear step by step instruction, and drills to burn it all into muscle memory, you will learn the same techniques that continue to make Karlyn one of the best swimmers in the world.



XTERRA OFF ROAD TRIATHLON

Learn the fundamental techniques you need to compete off the road. From adjusting to altitude to getting the right gear to crossing the finish line, this DVD will prepare you to get dirty in the world of XTerra off road triathlon.

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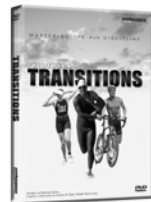
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