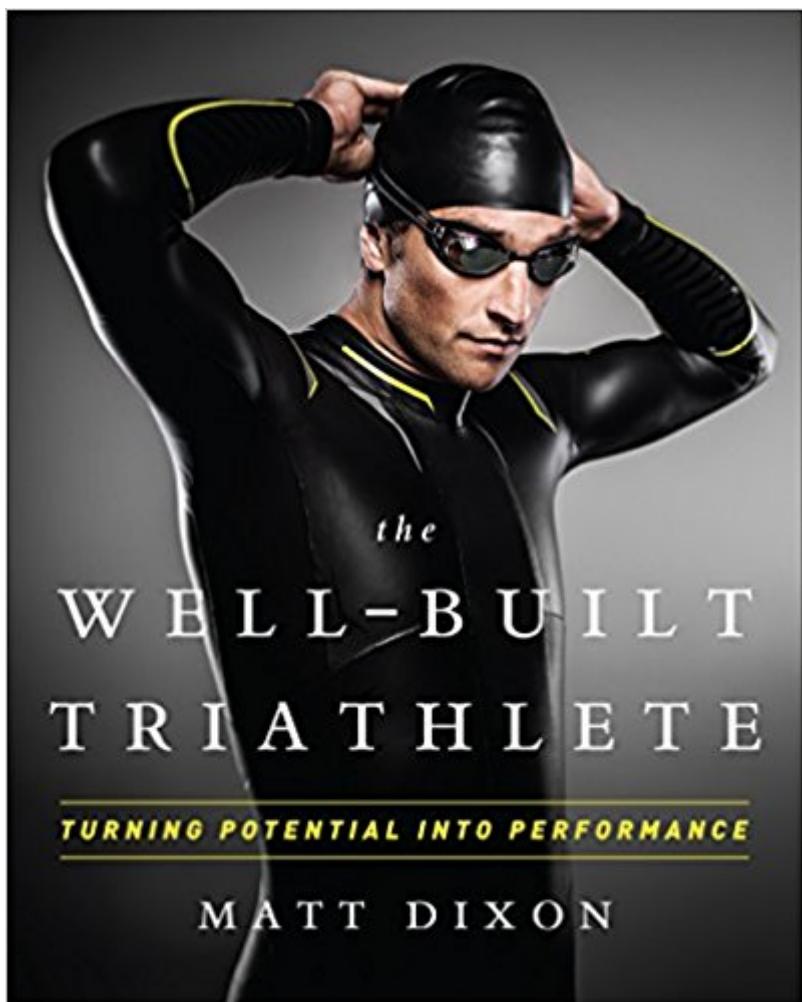


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# The Well-Built Triathlete: Turning Potential Into Performance



## Synopsis

In *The Well-Built Triathlete*, elite triathlon coach Matt Dixon reveals the approach he has used to turn age-group triathletes into elite professionals. Instead of focusing narrowly on training and workouts, Dixon reveals a more comprehensive approach that considers the whole athlete. Dixon details the four pillars of performance that form the foundation of his highly successful purplepatch fitness program, showing triathletes of all abilities how they can become well-built triathletes and perform better year after year. *The Well-Built Triathlete* gives equal weight to training and workouts, recovery and rest, daily nutrition, and functional strength. Dixon considers the demands of career and family and the ways different personality types prefer to approach training. *The Well-Built Triathlete* helps triathletes apply Dixon's approach to their season and training plan. Chapters on swimming, cycling, and running explain the most effective ways to train for each. A purplepatch section shows how triathletes can peak their fitness for long streaks of high performance. Dixon's holistic, whole-body approach to triathlon will help triathletes become greater than the sum of their workouts. By becoming better all-around athletes, well-built triathletes will train and race faster than ever.

## Book Information

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## Customer Reviews

"The Well-Built Triathlete is an in-depth manual full of the tools and tips that helped me go from a perennial age grouper to a professional triathlete." - Meredith Kessler, professional triathlete "Elite coach Matt Dixon shares his approach for what it takes to create a well-rounded athlete who continues to improve year after year." - Triathlete magazine "Well built" refers to Dixon's long-term

and comprehensive approach toward athleticism, going well beyond the standard training programs, and outlining a great deal on nutrition, recovery, and strength and conditioning. The book gives the reader a framework for performance." - USA Triathlon magazine "Triathletes frustrated by poor performance despite long hours of endurance training will want to get their hands on The Well-Built Triathlete." - Triathlon Magazine Canada "Dixon gifts the reader with a wealth of knowledge he accumulated over years of training and study as a pro triathlete, coach and exercise physiologist...Dixon delivers new insight into training zones and the importance of nutrition and recovery; often overlooked or undervalued by the masses of age groupers. If you are in the market for any kind of athletic improvement, we highly recommend you give them your full attention." - TriEdge.net "One of the things that has struck me most about Matt Dixon and his coaching philosophy is his emphasis on quality over quantity. Many coaches load on volume and training hours, whereas Matt is able to create superior performances from his athletes on few hours of training. This translates into better overall quality of sessions, more time to recover, and more time for healthier life balance. His philosophy is one that I admire greatly." - Sarah Piampiano, professional triathlete "Matt Dixon taught me to not view my training in isolation but rather implement a holistic focus where my program was planned in the context of maintaining a healthy body, happy family, and fulfilling life. Not only have my performances drastically improved, but also my entire triathlon experience has become far more enjoyable." - Tim Reed, professional triathlete

"Matt Dixon remains at the forefront of the sport, a beacon to the rapidly expanding triathlon world." - Meredith Kessler, pro triathlete & Ironman champion

Training - Recovery - Nutrition - StrengthCoach

Matt Dixon is in the business of developing world champion triathletes. With 150 championships and podium finishes in Ironman  $\circledR$  and Ironman 70.3  $\circledR$  events over the past five years, purplepatch fitness pros are proving over and over again that he knows how to draw out performance. But Dixon will be the first to tell you that his pros don't train according to the conventional methods. In The Well-Built Triathlete, Dixon upends the myths with which triathletes have been indoctrinated and spells out a better way to train for swim-bike-run. His progressive training program is grounded in the belief that performance is supported by four equally crucial pillars -- training, recovery, nutrition, and strength -- that must all be developed together. When any one of these pillars is underdeveloped, athletes fall short of their potential. The Well-Built Triathlete begins with a thorough self-assessment that will identify imbalances that threaten performance. Then Dixon's groundbreaking book on triathlon training supplies the tools you need to tap your full potential: Guidelines and protocols to improve training consistency and recovery

No-nonsense

advice on triathlon nutrition, fueling, and hydration. Functional strength tests and exercises to launch a strength training program that builds resiliency. Sample training blocks for every phase of training as well as Olympic-, half-Ironman-, and Ironman-distance race prep. Workout sessions to evolve swimming, cycling, and running fitness over multiple seasons. The Well-Built Triathlete is your guide to implementing Matt Dixon's winning purplepatch fitness program and uncovering superior performance year after year. Matt Dixon, MSc, is an exercise physiologist and an elite triathlon coach. He is founder and president of purplepatch fitness, a fitness and coaching company that caters to triathletes and endurance enthusiasts of all levels, from world champions to beginners.

This is the best triathlon book for age-group athletes I have ever read. It does not give you a programme to follow, but lots of training suggestions and workouts which relate to the different phases of training including some strength work. I bought this book in the Kindle version and then later as a hard copy as it really is a reference book. Well worth reading as it covers just about everything you need to know about triathlon!

This book, like many others, promises a lot but hardly delivers. The author, Matt Dixon, clearly knows triathlon and is actually pretty good at relaying what he knows in a logical, sensible and readable manner without the need to overly complicate his theories and philosophy. A welcome relief from the many triathlon books out there. Where this book falls short is in the actual Tri plans and nutrition plans. There are "samples" of several scenarios but no real plans. Like many other "coach" authors, Mr. Dixon chooses the safe approach and keeps his secrets for his coaching business. He writes about his philosophy in strength training but give no workout plan. He writes about nutrition but doesn't express a typical day's nutrition, training nutrition, race day nutrition. He talks about recovery, a lot, but his few examples of two week training plans barely show recovery or have a day off. This seems to be the way for this type of book by the coach turned author. I really wish that any author wanting to write a triathlon book would follow these simple guidelines:

- 1) keep it simple, leave the tech talk for the paying coached athletes.
- 2) describe your success in the race distance you are talking about, good and bad experiences
- 3) provide some general plans, with the understanding that this is a guideline for the general triathlete and provide a seasonal plan that can be followed to some success or ways to modify it for less or more.
- 4) not only talk about your nutrition philosophy, but support it with some examples for everyday, training, racing etc. again, support the season.

This book did have a couple of good points, first, it was easy to read and understand. It does take some talent and restraint to take a technical sport and break it down for the

average athlete. Matt does an outstanding job at this. There are also sections on weak point training and fixes to common problems that were the real value this book provides. The appendix also describes Matt's exercises in detail, which is good but there is nothing for which ones to do as part of a training plan. That minor detail is up to you. It is a good effort and has some good parts, so I think the book is almost worth the Kindle price. However, my general opinion is that it lacks any substance towards turning potential into performance unless you hire Matt Dixon as a coach. There is hardly any of the usable, training plan information I was looking for on any of the topics he discusses. I would not recommend this book if you are looking for actual guidance.Jim

I'm a triathlete who's been in the sport for about five years and recently moved from sprints to Olympics. This book has a lot of useful ideas for tri folks who have moved beyond the basics. The author mixes in a few choice case studies with a detailed explanation of his philosophy and then details some training plans. It's well written, substantive and written in a straight forward and non-self-aggrandizing fashion that resonated with me.

I enjoyed the overall approach to the four pillars of training. The layout gives great advice to make sure your training plan has the components necessary for you to achieve your goals. Highly recommended for a moderately experienced triathlete looking to hone their strategies for improved performance.

Quite an amazing book. For the beginner and elite triathlete alike. Dixon has an unique approach to coaching and it isn't beating you over the head with volume. One of the few people to really focus on recovery and nutrition. When I have friends who are just getting into the sport this is the first book I give them.

balanced view on triathlon. The book reminded me again, not just to focus on the three disciplines but also on strength, diet and to think of my daily stresses and how it affects my general health. I loved his view on diet. It is Always difficult to balance family life, work and training. .

Matts book looks at triathlon in a really pragmatic way . I found lots of useful information in each section . The most valuable piece is the section about different stressors and the importance of recovery . Highly recommend it for the beginner or seasoned athlete

Matt Dixon is one of the most respected coaches in triathlon, and his book clearly lived up to expectations. I've been in the sport for 13 years and have been to Kona 3 times but I still found a few valuable nuggets in this book. Whether you're a beginner just getting out of the gate in triathlon or a veteran looking to hit the podium at Kona, this is an outstanding resource.

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