



Triathletes in Motion

By Marc Evans, Jane Cappaert

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Traditionally the focus of triathlon is on volume, intensity, and training periodization—doing particular workouts during the months, weeks, and days leading up to a race. But what if you could improve performance without logging extra distance on the road or in the water? That is the promise of *Triathletes in Motion: Assessing Movement for World-Class Technique and Performance*. In this book, Marc Evans introduces the Evans Assessment principle and makes the case that every triathlon training regimen should start with the physical assessments of movement. By looking carefully at movements during these assessments, you can detect limitations to mobility, flexibility, strength, and stability. These limiters cannot be corrected by traditional technique instruction alone, so Evans presents specific exercises and tests that address each one. The results are greater efficiency, fewer injuries, and faster performances.

Whether you are a veteran triathlete seeking a performance breakthrough, a newer triathlete starting the training season, or a coach or member of a triathlon federation searching for that edge, training should start with *Triathletes in Motion*. This resource includes hundreds of tests and exercises to help triathletes swim, cycle, and run faster and more economically. Marc Evans was triathlon's first professional coach and has consulted, coached, collaborated with, and mentored some of the biggest names in the sport, including Dave Scott and Scott Tinley. His coauthor, Jane Cappaert, is a leading expert in sport biomechanics. Now they make their unique expertise available to everyone in *Triathletes in Motion*.

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“Triathletes in Motion *will ensure you’re getting the most out of your training.*”

Scott Molina-- Winner of the 1988 Hawaii Ironman World Championships and over 100 professional races

“Whether you are new to triathlon, or have been around the sport for years, Triathletes in Motion provides useful, specific and measurable information about training, sports nutrition, motivation and athlete physiology.”

Karlyn Pipes of Aquatic Edge-- Owner of over 200 FINA World Masters swimming records

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