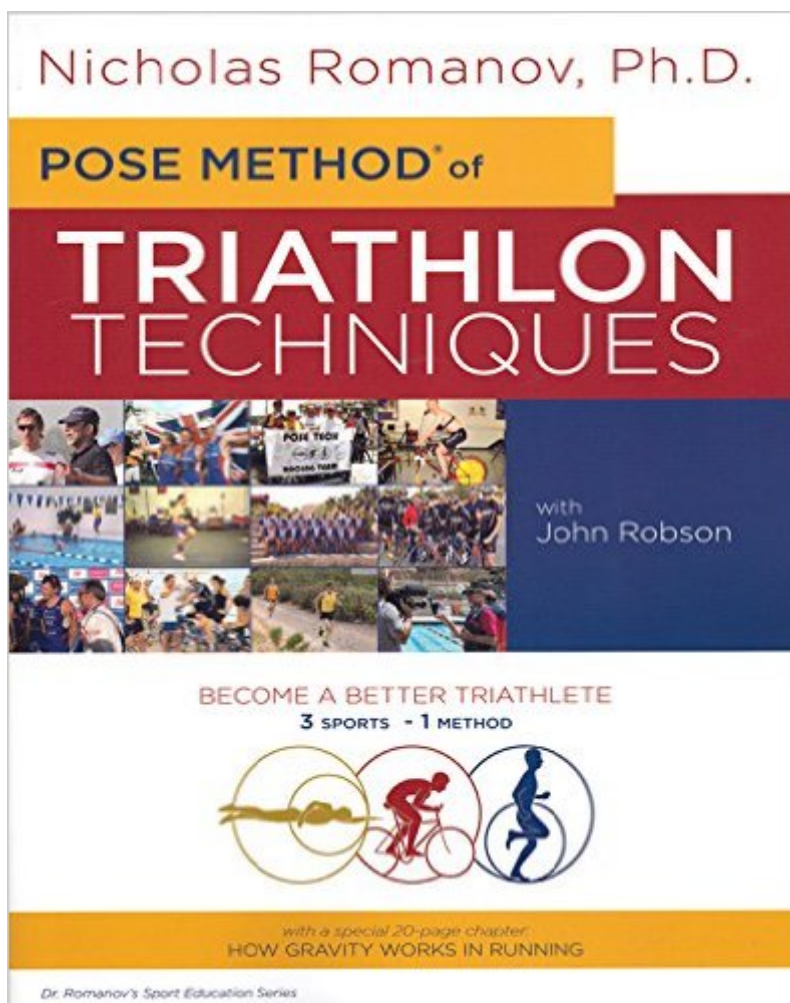


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# Pose Method Of Triathlon Techniques



## Synopsis

This how to book on triathlon techniques takes the guesswork out of your training and helps you to dramatically improve your performance. Pose Method of Triathlon Techniques introduces a uniform approach to three different sports and shows how to seamlessly blend them into one - triathlon. 2 Olympic Games and 4 National Teams later, Dr. Romanov offers you his insight and experience of over 35 years of working with athletes of all levels. Get clear, concise and pragmatic instruction on swimming, cycling and running techniques to improve your performance and to avoid injuries.

## Book Information

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Average Customer Review: 4.2 out of 5 starsÂ Â See all reviewsÂ (29 customer reviews)

Best Sellers Rank: #717,164 in Books (See Top 100 in Books) #147 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Triathlons #206 inÂ Books > Sports & Outdoors > Individual Sports > Triathlon

## Customer Reviews

Simply, this is the best book regarding triathlon technique I have ever read. Not only does it provide the sound physiologic background behind the techniques, but the book gives you logical, progressive drills which, if followed diligently and thoughtfully, can improve your triathlon technique markedly. One of the most striking features about this book is the sophisticated, yet utterly simple breakdown of the key elements of the movements in each discipline. For the first time, I actually UNDERSTAND what swimming is--forget hand paths, pull curves, etc. All of the disciplines essentially boil down to support and change of support and how effectively that is performed with the correct perceptions. AMAZING. It has helped me immensely with reducing muscular effort, reducing overuse injury and improving racing times. In sum I will NEVER use any other methods for triathlon training again. And the most amazing aspect is that you can ALWAYS improve and get better by continuing to drill, practice and understand your perceptions about movement.

Very few books actually change your life, and this is one that will. Pose method is a method that is as old as the human race, the method that explains how we move as we are governed by gravity. How do you actually move when you run, swim or cycle? The answer lies in your ability to interact with the world through its gravity. Pose method can be applied to any movement. Of course this book deals with cycling, swimming and running. As a consequence the pose method will help you understand all three actions and will teach you how to maximise your skill at using gravity to improve your efficiency of these three movements. This will revolutionise your understanding, your training and improve your efficiency. Read this book, and look forward to personal best after personal best, overcome and prevent injuries. Understand this book, because it is beautifully written, clear and precise in description and illustrated appropriately. Treasure this book because it is a reference guide to your training and drills. I could not put it down. Every chapter has an eye opener for me about how I move and how I can move better.

I purchased this book after I bought his original Pose Method for Running book. I'm happy to say that in this newer book, he has done a much better job getting to the point and in my opinion, it has everything a runner needs to know about running technique so there is no need to buy the other book if you buy this one first. Plus this book is about \$10 less so much better value. That said, I only gave this book 3 stars because his writing style makes it difficult to read and he spends too much time talking about how he came up with his theories versus getting to the point and telling you how to run better. His techniques are very similar to ChiRunning and in my opinion, the author of ChiRunning does a much better job helping you understand how to run faster and injury free. Take it for what it's worth. Dr. Romanov is clearly a thought leader and there is some excellent information in this book. I just think that for the majority of readers, it is hard to cut through the clutter and they'd be better off buying ChiRunning instead.

Prepare to be amazed. Dr Romanov is the 'renaissance man' of the sports science world, drawing information from historically specialised and distinct disciplines such as biomechanics, exercise physiology and performance psychology and blending them seamlessly into a coaching system that works. The author is one of those rare people who 'walks his talk'. The sport science world is traditionally inhabited by two distinct species: the academics who publish research on complicated scientific phenomena involving rats and test tubes and the coaches on the front line, combining personality and motivational skills with 'tried and tested' techniques to get the best from their athletes. Dr Romanov is a true 'hybrid'. A passionate academic when presenting his theories at the

worlds top sports science universities, an objective scientist when his methods are being tested in the laboratory and inspirational coach when 'hands on' with his athletes in the field. This book captures the essence of his incredible knowledge and talent. You will be introduced to ground breaking concepts such as gravitational torque in running, 'unweighting' in cycling and the channeling of body weight in swimming. I defy anyone to dispute the wisdom of the techniques presented in this book which are scientifically sound and instantly tangible to the user, each chapter has at least one 'eureka' moment for both athletes and coaches alike. As a professional coach and trainer of coaches I cannot recommend this book highly enough. I have learnt more about movement from studying the POSE method than I have from my combined undergraduate and postgraduate education in sport science

Perhaps not the easiest book to grasp but I believe this is human movement explained better than any sports science degree in the world today. Every human being should understand it's concepts around body weight - with a little thought these concepts are re-applicable to ANY sport. In my opinion you do not need the 'Pose Method of Running Book' since this Triathlon book covers all concepts and much more. Paul Chek would learn a thing or two if he read and understood Pose Concepts, yet the outrageously incorrect methods prescribed by the NRPT, Chek and many others in the field continue to prosper at the expense of peoples health! Let's not get started on the damage MBT shoes WILL cause you.....My point is there are billions of dollars being earned by surgeons, physiotherapists, marketing companies and shoe/orthotic manufacturers hell bent on selling you something that they do not even understand the consequences of, and when they do its criminal that they continue to operate with the claims they make. But it's all tied into a very slow moving medical industry that allows for this loop-hole of medical science ignorance. Get out of the hole and ahead of the curve. This is not the next truth, it is THE TRUTH of Human Movement. Even most gym's and 'hard bodied' people who are supposed to represent health in todays society are the exact opposite of representing human fitness. Feel the supple muscle of any athletic animal, e.g. are your cats legs muscularly hard? Dr. Akram, [...]

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