



## Faster: Demystifying the science of triathlon speed

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By Jim Gourley

VeloPress. Paperback. Book Condition: new. BRAND NEW, Faster: Demystifying the science of triathlon speed, Jim Gourley, Every Triathlete wants to get faster. But while training delivers big gains early on, eventually hard work only maintains the status quo. You can try to buy speed with gear upgrades, but costly high-tech equipment doesn't always deliver the results you're chasing. Faster puts free speed at your fingertips. Aerospace engineer and seasoned triathlete Jim Gourley teaches athletes how to turn knowledge into power by exploring the forces that matter most in triathlon. You will find out how to get the most out of training, gear upgrades, and technology. Even the fittest triathletes are subject to the laws of physics - like drag, friction, and rolling resistance. By understanding the forces that act on you and your gear in swimming, cycling, and running, you can build up a real advantage on race day. You'll also get the truth behind the latest trends and fads in technique, training tools, and product design. And, with science on your side, you can make the smart calls to become a better, faster triathlete. FASTER offers specific, science-based guidance on the fastest techniques and the most effective gear, answering...



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