



Sport Psychology Library -- Triathlon (Paperback)

By Joe Baker, Whitney Sedgwick

Fitness Information Technology, Inc, U.S., United States, 2005. Paperback. Condition: New. Language: English . Brand New Book. If you are a triathlete, coach, or someone interested in participating in an upcoming triathlon, this book holds many answers to establishing and maintaining the mental discipline needed for what is certainly one of the most gruelling and psychologically challenging events in all of sport. Guided by the expertise of Dr. Joe Baker and Dr Whitney Sedgwick -- both experienced, successful athletes and triathlon competitors this book summarises current research and offers invaluable mental exercises to improve mental performance during triathlon training and competition.



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