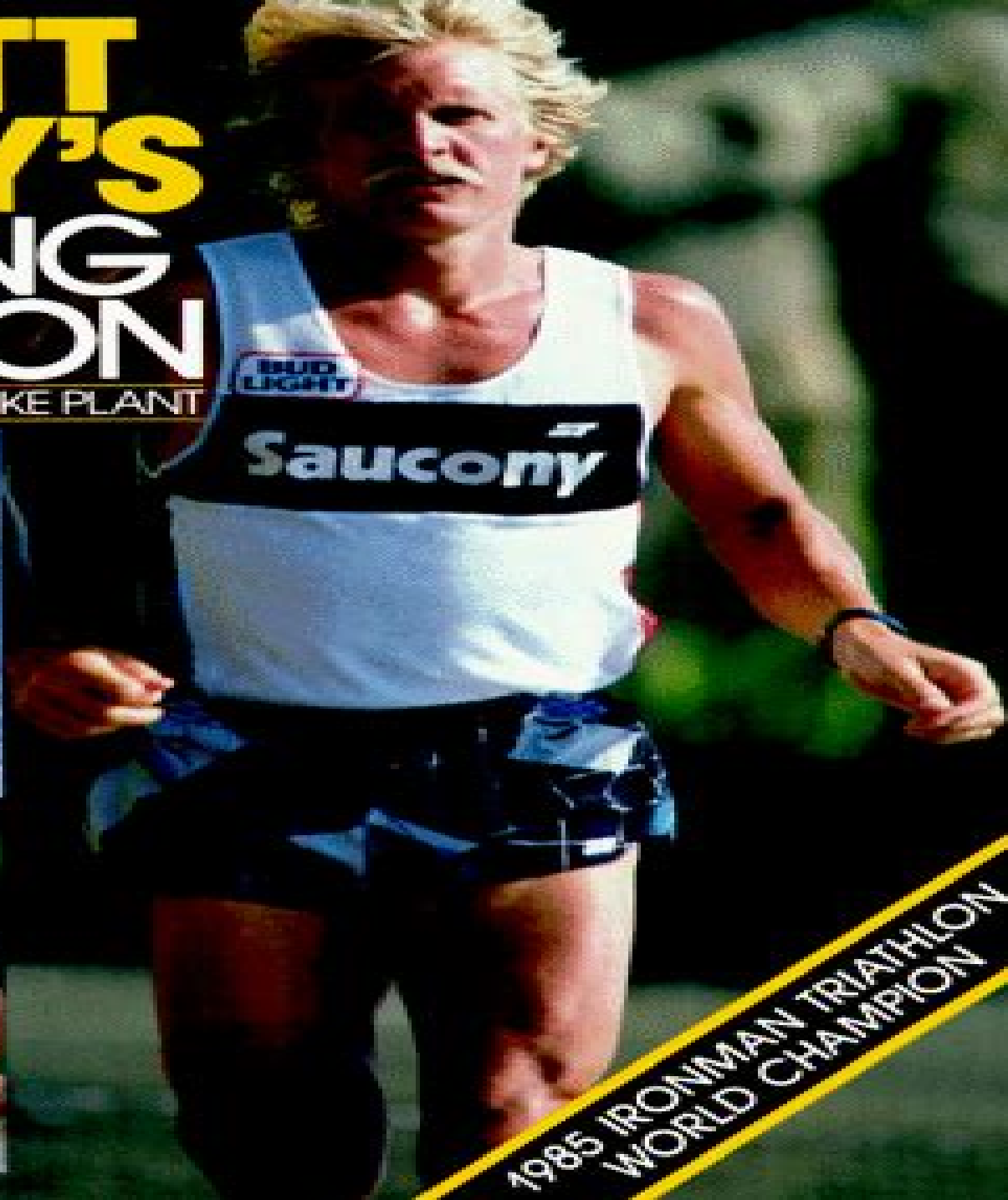


# SCOTT TINLEY'S WINNING TRIATHLON

BY SCOTT TINLEY WITH MIKE PLANT



1985 IRONMAN TRIATHLON  
WORLD CHAMPION

# Scott Tinleys Winning Triathlon

**Julie Moss**



## **Scott Tinleys Winning Triathlon:**

**Finding Triathlon** Scott Tinley, 2015-11-17 Training for and completing a triathlon is one of the most grueling life experiences anyone can have requiring a degree of personal commitment individual strength and iron will that few people possess A true test of your ability to find and then surpass your physical mental and emotional limits the only real analogue to triathlon is the challenge of life itself In *Finding Triathlon* professional athlete Scott Tinley explores the world inside and outside endurance sports seeking answers to age old questions Part memoir part cultural exploration Tinley uses the language of sports to speak universal truths Told through anecdotes both personal and shared with a critical inquisitive and often humorous interpretation of a life lived through the medium of sports Tinley reflects on the sport of triathlon honest competition and the drive to improve ourselves as a whole looking to understand how and why we live our lives *Finding Triathlon* is not a self help book and it s not a fitness guide Nor is it just about triathlons and triathletes It s about a lifestyle a perspective a way of looking at the world and its challenges as you strive to better yourself and better understand yourself Whether you re training for the next big race or you ve never run a mile in your life *Finding Triathlon* speaks to the champion in each of us demonstrating how making the decision to push ourselves to succeed in our dreams can affect our life our world and our future

*Scott Tinley's Winning Triathlon* Scott Tinley, Mike Plant, 1986

**Racing the Sunset** Scott Tinley, 2006-03 A seventh generation Californian Scott Tinley led the quintessential Golden State dream As he grew from beach rat to lifeguard to a recreational administration major it seemed only natural to him that he would try to parlay the athletic skills gleaned from this idyllic lifestyle into a profession as one of the best triathletes in the world For twenty years his skill tenacity and devil may care attitude guided him along the path But when age took hold of his legs and no amount of training would help his athletic gold rush went bust Cracks in his psyche began to show as if beneath it all like much of California itself his athletic life had been built on a fault Always introspective and inquiring Tinley threw himself headlong into athlete retirement and the larger issues of life transition and change His new journey driven by his quest for personal growth and healing was filled with pain false starts and heartrending intimacies It led him to hundreds of other retired professional athletes who would openly discuss their own triumphs and tragedies With much discipline Tinley completed one of the most thorough athlete research projects ever attempted and befriended such superstars as Bill Walton Eric Heiden Greg LeMond Jerry Sherk Steve Scott and Rick Sutcliffe Along the way he uncovered secrets about himself and the process of change turmoil and final acceptance all shared openly and eloquently in *Racing the Sunset* This book will do for athletes of every level what *Passages* did for an entire generation

**Triathlon** Scott Tinley, 1998 Photographs and text chronicle the history of the triathlon from the 1970s through the 1990s and discusses how the first triathlons were organized who the most influential athletes were how the sport has changed and other related topics

**The Iron Man Triathlon** Bill

Scheppler, 2001-12-15 Describes the triathlon a combination of distance swimming cycling and running frequently in exotic

locations     The Heart of an Ironman South Africa Elzabe Boshoff, Marieta Van Der Merwe, Marietjie Van der Merwe, 2012 This book tells the tale of the heartache that eventually resulted in participants overcoming pain finally accepting themselves making life changing decisions becoming an athlete though possibly not yet an Ironman or realizing a lifetime dream It would also feature stories from the SA Triathlon Development team physically disabled     **I'm Here To Win** Chris McCormack, 2011-05-23 In I M HERE TO WIN Chris Macca McCormack opens his playbook and reveals everything it takes mind body and spirit to become a champion Now he shares the story of his triumphs and the never say die dedication that has made him the world s most successful triathlete In 2010 at the age of 37 Macca beat the odds and won the Ford Ironman World Championship in Kona Hawaii for a second time in what many called the most dramatic finish in the race s history Macca s journey to athletic greatness is more than just one of physical perseverance After coming in fourth in Hawaii in 2009 Macca returned to the island on a mission He was there to win A game plan containing a new strategic approach to winning brought him first across the finish line Chris McCormack has dedicated his life to training for and winning the Ironman Hawaii one of the most grueling tests of mental and physical endurance in the world The race challenges athletes to swim 2 4 miles bike 112 miles and run a full marathon 26 2 miles using all their strength and willpower to overcome the incredibly harsh conditions In I M HERE TO WIN Macca provides concrete training advice for everyone from weekend warriors who casually compete to seasoned veterans who race every week to armchair athletes looking for an extra push and provides insight into the mind of a great champion with excitement and inspiration on every page I M HERE TO WIN is also available as an enhanced e book with embedded video and audio     **Be Your Best At Triathlon** Steve Trew, 2010-02-26 Be Your Best at Triathlon will support you through every aspect of the sport from the beginning of your training to race day Whether you have a few hours a week or want a more intense training programme you will find a training schedule to meet your needs Offering advice on developing your technique improving your performance and how to master the three disciplines this book will enable you to achieve your goals NOT GOT MUCH TIME One five and ten minute introductions to key principles to get you started AUTHOR INSIGHTS Lots of instant help with common problems and quick tips for success based on the authors many years of experience TEST YOURSELF Tests in the book and online to keep track of your progress EXTEND YOUR KNOWLEDGE Extra online articles at [www.teachyourself.com](http://www.teachyourself.com) to give you a richer understanding of taking part in a triathlon FIVE THINGS TO REMEMBER Quick refreshers to help you remember the key facts TRY THIS Innovative exercises illustrate what you ve learnt and how to use it     **Dave Scott's Triathlon Training** Dave Scott, Liz Barrett, 1986-08-29 The author a four time triathlon champion discusses training routines motivation nutrition race strategy and proper swimming cycling and running form     **Triathloning for Ordinary Mortals** Steven Jonas, 1999 The explosion of interest in physical fitness that has sent Americans running bicycling and swimming by the tens of thousands now extends to the fitness competition that combines all three triathloning Steven Jonas a former nonathlete who began endurance sports in middle age offers an

accessible program for anyone from beginner to experienced jogger Dr Jonas's own experiences are the basis of this user friendly book directed to the person who wants to do more than just run He sets forth basic recommendations on equipment necessary for triathloning and outlines a three phased training program that will take the untrained beginner to a state of fitness where he or she can complete a triathlon of moderate distance The book includes a chapter on nutrition and a stretching program Dr Jonas has revised and updated the work to include information on how to run longer races how to train for the increasingly popular duathlon run bike run and new tips from his further fifteen years of experience Techniques fitness training equipment nutrition pre race the race itself a readable introduction for the aspiring recreational triathlete A new chapter on duathlons and how to run longer races and updated appendixes on the latest magazines and books of interest to triathlons Dr Steven Jonas has participated in 100 multi sports events      Triathlon Joe Baker, Whitney Sedgwick, 2005 If you are a triathlete coach or someone interested in participating in an upcoming triathlon Sport Psychology Library Triathlon holds many answers to establishing and maintaining the mental discipline needed for what is certainly one of the most grueling 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 Sport Psychology Library Triathlon summarizes current research and offers invaluable mental exercises to improve mental performance during triathlon training and competition      *Hearts of Lions* Peter Joffe Nye, 2020-05-01 Bike racers were America's media darlings less than a century ago dashing eccentric and very rich daredevils Until the 1920s bike races drew larger crowds than all other American sports events including Major League Baseball games Prize winning racer and journalist Peter Joffe Nye vividly re creates this period of sports history forgotten until now in *Hearts of Lions* a true story of courage daring and occasional lunacy Revised updated and expanded this second edition of *Hearts of Lions* is based on interviews with more than one thousand cyclists whose racing careers span from 1908 through the 2016 Rio Olympics along with interviews with trainers and family members Included are stories about Joseph Magnani the lone American from southern Illinois who rode on the dusty roads of Europe in road racing's golden era of the 1930s and 1940s Lance Armstrong whose rise in the mid 1990s was eclipsed in the doping era that still casts a long shadow over the sport Kristin Armstrong a three time Olympic gold medalist who set new standards for women in cycling and Evelyn Evie Stevens who chucked a Wall Street career in her mid twenties to compete in two Olympics and win several world championship gold medals *Hearts of Lions* is a colorful exciting classic work on the art of bicycle racing over 140 years against a backdrop of social political and technical changes      *I'm Here To Win (Enhanced Edition)* Chris McCormack, 2011-05-23 This edition of *I M HERE TO WIN* is an enhanced e book with exclusive embedded video from the author In *I M HERE TO WIN* Chris Macca McCormack opens his playbook and reveals everything it takes mind body and spirit to become a champion Now he shares the story of his triumphs and the never say die dedication that has made him the world's most successful triathlete In 2010 at the age of 37 Macca beat the odds and won the Ford Ironman

World Championship in Kona Hawaii for a second time in what many called the most dramatic finish in the race's history. Macca's journey to athletic greatness is more than just one of physical perseverance. After coming in fourth in Hawaii in 2009, Macca returned to the island on a mission. He was there to win. A game plan containing a new strategic approach to winning brought him first across the finish line. Chris McCormack has dedicated his life to training for and winning the Ironman Hawaii, one of the most grueling tests of mental and physical endurance in the world. The race challenges athletes to swim 2.4 miles, bike 112 miles, and run a full marathon 26.2 miles, using all their strength and willpower to overcome the incredibly harsh conditions. In *I M HERE TO WIN*, Macca provides concrete training advice for everyone from weekend warriors who casually compete to seasoned veterans who race every week to armchair athletes looking for an extra push and provides insight into the mind of a great champion with excitement and inspiration on every page.

**Crawl of Fame** Julie Moss, 2018-10-02 The courageous and transformative story of triathlon hall of fame athlete Julie Moss. In 1982, Julie Moss ran the Ironman triathlon for her college senior research project. Her idea was quirky, even crazy: a 140.6-mile combination of swimming, cycling, and running. Julie brought no triathlon experience, but she did bring a latent willpower that the world soon found out wouldn't be denied. What happened next changed Ironman forever. After becoming the unlikely leader during the final leg, Julie fell and lost all bodily function fifteen meters (50 feet) from the finish. While on hands and knees, she watched her rival pass her. Thirty seconds later, she crawled across the line, stunning the millions who were watching on television. At age twenty-three, Julie became the instant global icon. That this young co-ed would represent such a new sport was unlikely. That she would inspire millions in the three decades years since was unthinkable. Yet it happened. And keeps happening. In 2017, Julie won her age group in the Ironman North American Championships, racing 25 minutes faster than her 1982 Ironman. How does a 58-year-old woman beat the time of her 23-year-old self? Which begs the question: Could she also beat her 1982 time in the more demanding Kona? The world will find out in October 2018. *Crawl of Fame* is the long-awaited release of her incredible story. Julie describes how she found her greater purpose while lying across the finish line at Ironman 1982 and how that greater purpose as a woman athlete, endurance sports symbol, and now iconic figure has defined her life and inspired others since.

**Lore of Running** Timothy Noakes, 2003 Dr. Noakes explores the physiology of running, all aspects of training, and recognizing, avoiding, and treating injuries. 133 illustrations.

**PaceWalking** Steven Jonas, Peter Radetsky, 1988 Daily and weekly programs for walkers at every level with warm-up routines and tips on equipment and clothing.

**Health Promotion and Disease Prevention in Clinical Practice** Steven H. Woolf, Steven Jonas, Robert S. Lawrence, 1996 This is the only text organized by risk factors, the same as those your patients present in the clinical setting. This valuable book reviews the recommendations from the newly revised U.S. Task Force Guide to Clinical Preventive Services and provides step-by-step instructions on how to put prevention into your practice.

**TriLog** Tim Houts, Jan Bass, 1995-08 Useful for triathletes and duathletes, this training diary helps users plan and track swim, cycle, and run training for 13 months. It includes many training

tips workouts and charts to provide the basics to the novice and new workout ideas for the expert It also features 8 colour and 16 black and white photographs     Performance Massage Robert K. King,1993 Full color photographs illustrate techniques while the text provides theory and practice of therapeutic massage     **Triathlon 101** John Mora,2009-03-26 Triathlon 101 helped thousands of athletes take the guesswork out of multisport training and racing Now this best seller returns updated with more top notch information and solidifying its status as the essential guide for multisport success In this new edition you ll learn these techniques and strategies Choose the best equipment for your goals terrain and budget Create your own triathlon program for various distances and events Know how when and what to eat and drink when training or competing Prevent overtraining and recover from common injuries Swim and navigate in open water Smoothly and quickly transition from one leg of the race to the next Taper your training for peak performance on race day Sample training programs the latest recommendations on equipment correct technique and expert advice from pros and coaches Terry Laughlin Lauren Jensen and Troy Jacobson will help you improve your skills and times in every event Spare yourself the trial and error experiences that can lead to injury or discouraging results Be a smart triathlete from the start For developing multisport athletes the best course available is Triathlon 101

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