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Looking to add strength training to your triathlon regime? Here are a dozen key exercises that helped The Grip become a six-time Ironman champion.

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Triathlon strength training should not be overlooked by the training triathlete. It s important that you have powerful muscles on the day of the big race.

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Strength Training for Triathletes by Patrick Hagerman Ed.D., Hagerman's program of triathlon-specific Greater muscular power- Increased speed in every

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A great many tri-geeks are kinda convinced that strength training helps with triathlon and are therefore kinda committed to doing it. Can you blame us?

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