



# The CTS Collection: Training Tips for Cyclists and Triathletes

*Chris Carmichael*

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## **The CTS Collection: Training Tips for Cyclists and Triathletes** Chris Carmichael

Chris Carmichael's guide explains training methods for athletes at any skill level. CTS offers a four-part approach -- foundation, preparation, specialization, and transition -- and this guide features in-depth articles on each of the four concepts.

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