**List of links to useful triathlon related websites & articles –**

[220triathlon.com](http://www.220triathlon.com/training/home/) – A goldmine of triathlon training advice

[training4cyclists.com](http://www.training4cyclists.com/) – Cycling based but plenty of good articles on general fitness

<http://www.byrn.org/gtips/gtips.htm>

**Some recommended articles:**

Triathlon training:

General:

<http://www.training4cyclists.com/strength-training-does-it-make-you-stronger/>

<https://brightside.me/inspiration-health/these-18-pictures-will-show-which-muscles-you-stretch-384110/?utm_source=fb_brightside&utm_medium=fb_organic&utm_campaign=fb_gr_brightside>

Swim:

<http://www.220triathlon.com/training/training-plans/training-plan-8-week-swim-plan-for-triathletes/9519.html>

<http://www.220triathlon.com/training/swim/how-the-ocean-walker-swim-stroke-can-benefit-triathletes/9286.html>

Bike:

<http://www.220triathlon.com/training/bike/>

Run:

<http://www.220triathlon.com/training/run/>

Ironman:

<http://www.220triathlon.com/training/long-distance/>

<http://www.training4cyclists.com/ironman-training-the-comprehensive-guide-to-your-first-ironman-triathlon/>

<https://www.trainingpeaks.com/blog/dave-scotts-perfect-ironman-world-championship-taper/>

<http://www.220triathlon.com/training/long-distance/how-to-improve-your-ironman-swim/11131.html>

Nutrition:

<http://www.220triathlon.com/nutrition/diet-nutrient-split-whats-the-right-balance-for-triathletes/12007.html>

<http://www.220triathlon.com/nutrition/14-race-day-nutritional-questions-answered/11776.html>