



FASTER: Demystifying the Science of Triathlon Speed

Jim Gourley

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Triathlon is among the world's most gear-intensive sports. The gear you select and how you use it can mean big results--or bigger disappointment.

FASTER takes a scientific look at triathlon to see what truly makes you faster--and busts the myths and doublespeak that waste your money and race times. In this fascinating exploration of the forces at play in the swim-bike-run sport, aeronautical engineer and triathlete Jim Gourley shows where to find free speed, speed on a budget, and the gear upgrades that are worth it.

FASTER offers specific, science-based guidance on the fastest techniques and the most effective gear, answering questions like:

- Which wetsuit is best for me?
- What's the best way to draft a swimmer?
- Should I buy a lighter bike?
- Deep dish or disc wheels?
- Are lighter shoes faster?
- Who's right about running technique?

Gourley reviews published studies in peer-reviewed journals to show what scientists have learned about swim drafting, pacing the bike leg, race strategy for short and long-course racing, and the fastest ways to handle transitions.

FASTER will change how you think about your body, your gear, and the world around you. With science on your side, you'll make the smart calls that will make you a better, faster triathlete.

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