



# FASTER: Demystifying the Science of Triathlon Speed

By Jim Gourley

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## FASTER: Demystifying the Science of Triathlon Speed By Jim Gourley

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, astronautical 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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## **FASTER: Demystifying the Science of Triathlon Speed** By Jim Gourley Bibliography

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### Editorial Review

#### Review

"*Faster* is a fascinating look at triathlon that will indeed make you faster." -- **Active.com**

"*Faster* answers questions you may long wanted to ask but were afraid to" "Gourley weeds through an entire market of products so you don't have to" "The writing is clear, humorous and to the point. *Faster* will empower triathlete consumers while saving them time and money and helping their race results skyrocket." -  
- **Triathlon Magazine Canada**

"Getting faster doesn't have to cost more time and money; it simply takes more smarts. Enter Jim Gourley. He actually is a rocket scientist, and he brings his astronomical know-how to triathlons. He explains and compares the effects of triathlon gear and techniques like aero wheels, wetsuits, shaved legs, and the "drag flag" • of your race number. Yes, there's science here. But if a triathlon doesn't scare you, you shouldn't be afraid of the basic physics in this book. As Gourley promises, "Free speed does exist. You just have to know where to find it." -- **Experience Life magazine**

"An easy-to-read, witty book that will save you time and money." -- **Jordan Rapp, 5-time Ironman champion**

"Any triathlete who is either racing for a front of the pack finish or just working to be the best they can be would enjoy this book immensely. *Faster* puts complicated science in terms that are easy to understand and then links it back to purchasing decisions." -- **BreakingMuscle.com**

"Like Gourley, I'm a technologist and engineer " "[but] I don't enjoying reading scientific and technical papers. I'm more of the 'Speed for Dummies' type--just give me the facts and bottom line. No fluff. No boring details. And Gourley's book does just that. He breaks down all the concepts and make them easier to understand. Definitely worth a read and belongs to my book library." -- **Minimalist Running**

"A fun approach to myth busting and how physics affects us athletes" "The cycling chapter brilliantly discusses the physics behind riding. You'll learn a lot about the forces acting on you as you ride, making decisions based on real-world conditions, and what the true value of expensive upgrades may be." --  
**Crossbikereview.com**

#### From the Back Cover

EVERY TRIATHLETE WANTS TO GET FASTER. But while training delivers big gains early on, eventually hard work only maintains the status quo. You can try to buy speed with gear upgrades, but costly high-tech equipment doesn't always deliver the results you're chasing.

"FASTER" puts free speed at your fingertips. Aerospace engineer and seasoned triathlete Jim Gourley teaches athletes how to turn knowledge into power by exploring the forces that matter most in triathlon. You will find out how to get the most out of training, gear upgrades, and technology.

Even the fittest triathletes are subject to the laws of physics--like drag, friction, and rolling resistance. By understanding the forces that act on you and your gear in swimming, cycling, and running, you can build up a real advantage on race day. You'll also get the truth behind the latest trends and fads in technique, training tools, and product design. And, with science on your side, you can make the smart calls to become a better,

faster triathlete.

Jim Gourley is a teacher, a writer--and yes, a rocket scientist. His articles on the science and technology of triathlon and cycling have been widely published in "Triathlete," "Inside Triathlon," "LAVA," "Peloton," and "Bicycle Times" magazines.

#### About the Author

Jim Gourley is a successful triathlete, multiple Ironman finisher, and a finisher of the Race Across America, one of the most difficult endurance races in the world. Gourley earned a degree in Astronautical Engineering from the United States Air Force Academy and has written on the science and technology of triathlon and cycling for the last four years. His articles have appeared in *Triathlete*, *Inside Triathlon*, *LAVA*, *USA Triathlon*, and *3/GO* magazines.

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#### James Conner:

Book is usually written, printed, or outlined for everything. You can recognize everything you want by a reserve. Book has a different type. As you may know that book is important thing to bring us around the world. Adjacent to that you can your reading skill was fluently. A e-book FASTER: Demystifying the Science of Triathlon Speed will make you to end up being smarter. You can feel a lot more confidence if you can know about everything. But some of you think in which open or reading the book make you bored. It isn't make you fun. Why they could be thought like that? Have you searching for best book or appropriate book with you?

#### Jim Martin:

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#### Christine Erhart:

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**Gregory Kim:**

Playing with family in a park, coming to see the marine world or hanging out with good friends is thing that usually you have done when you have spare time, subsequently why you don't try matter that really opposite from that. Just one activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love FASTER: Demystifying the Science of Triathlon Speed, it is possible to enjoy both. It is good combination right, you still desire to miss it? What kind of hangout type is it? Oh can happen its mind hangout men. What? Still don't have it, oh come on its referred to as reading friends.

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