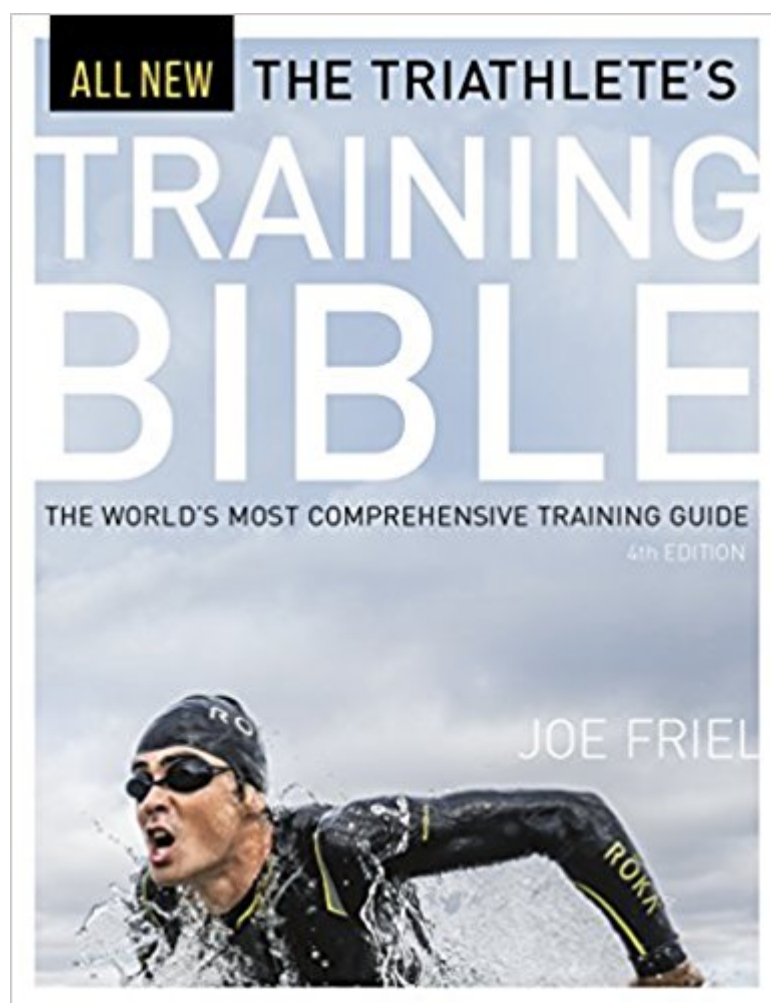




The book was found

The Triathlete's Training Bible: The World's Most Comprehensive Training Guide, 4th Ed.



Synopsis

The Triathlete's Training Bible is the bestselling and most comprehensive guide for aspiring and experienced triathletes. Joe Friel is the most trusted coach in the world and his proven triathlon training program has helped hundreds of thousands find success in the sport of triathlon. Joe has completely rewritten this new 4th Edition of The Triathlete's Training Bible to incorporate new training principles and help athletes train smarter than ever. The Triathlete's Training Bible equips triathletes of all abilities with every detail they must consider when planning a season, lining up a week of workouts, or preparing for race day. With this new edition, Joe will guide you to develop your own personalized triathlon training program and:

- become a better swimmer, cyclist, and runner
- train with the right intensity and volume
- gain maximum fitness from every workout
- make up for missed workouts and avoid overtraining
- adapt your training plan based on your progress and conflicts
- build muscular endurance with a new approach to strength training
- improve body composition with smarter nutrition

The Triathlete's Training Bible is the best-selling book on tri training ever published. Get stronger, smarter, and faster with this newest version of the bible of the sport.

What's New in the Fourth Edition of The Triathlete's Training Bible? Coach Joe Friel started writing the fourth edition of The Triathlete's Training Bible with a blank page: the entire book is new. The science and sport of triathlon have changed much since the previous edition released. This new edition adds emphasis to personalizing training plans, incorporates new power meter techniques for cycling and running, improves on the skill development techniques, updates the strength training approach, speeds recovery for busy athletes, and cuts through the noisy volume of training data to focus athletes on the numbers that mean the most to better performance. See Joe Friel's blog or VeloPress for an expanded summary of improvements to this fourth edition.

Book Information

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Customer Reviews

Praise for Coach Joe Friel and The Triathlete's Training Bible "Joe Friel is arguably the most experienced personal cycling coach in the U.S. Cycling magazine "What Time Noakes's Lore of Running was for running, Friel's Triathlete's Training Bible is for triathlon. Runner's World "One of the most trusted coaches in triathlon. LAVA magazine "Joe Friel is one of the world's foremost experts on endurance sports. Outside magazine "To say that Joe Friel knows a thing or two about how to ride a bicycle and stay fast would be a severe understatement. Road Bike Action "Joe Friel's wealth of knowledge in triathlon is astounding and he has a wonderful way of sharing that knowledge with all athletes from beginners to elite professionals." Siri Lindley, elite triathlon coach and world champion triathlete "25 years of active multisport coaching has proven that Joe Friel has an unprecedented understanding of endurance sports. As a multiple triathlon world champion, I would consider Joe as one of the leading figures in triathlon coaching today. Joe's professional approach and practical understanding of sports physiology has helped many endurance athletes of all abilities reach their full athletic potential. Simon Lessing, 5-time Triathlon World Champion "The Triathlete's Training Bible is a fantastic guide. You can't go wrong using the advice in this book. Scott "The Terminator" Molina "Joe Friel has spent most of his life in devotion to the understanding and teaching of sport. Joe has managed to focus on the key components to athletic success while weeding out the noise. This book will play a substantial role in helping you take the next step as a triathlete. Justin Daerr, professional triathlete "As a triathlon coach, 2004 Olympian, and former top-ranked triathlete in the world, I've used The Triathlete's Training Bible as one of my key references. Joe Friel's training books have made the once "crazy" sport of triathlon accessible to the public while also guiding seasoned athletes to their full potential. Barb Lindquist "The Triathlete's Training Bible

combines scientific research with the experience of a top endurance coach to provide the best training resource book available." [Gale Bernhardt, 2004 Team USA Olympic Triathlon Head Coach](#) "The Triathlete's Training Bible can help you train for any distance and is most useful to newbies and self-trained athletes who want traditional training advice." [Library Journal](#) "A valuable resource and training tool for triathletes." [TriSports.com](#) "As an athlete with the unique ability to race multiple Ironman races every season, I have always been trouble for any triathlon coach. To coach myself successfully, I needed a reliable and strong tool. I searched all sources carefully until I found the one The Triathlete's Training Bible by Joe Friel. Whatever my problem, there is always a solution in this book. This book makes my understanding of training, racing, and recovering more complete with every page." [Petr Vabrousek, professional triathlete](#) "The Triathlete's Training Bible is an invaluable tool for every triathlete looking to improve." [Clas Bjorling, professional triathlete](#) "The Triathlete's Training Bible is a 'must read' for both athletes and coaches. It captures the essence of multisport training by outlining both the science and the art of the sport in a detailed, yet practical format. It is one of the most valuable resources I have on my bookshelf." [Libby Burrell, USA Triathlon National Program Director](#) "Whether you're a beginning triathlete or a seasoned pro, Joe Friel is the leading authority on triathlon training." [Ryan Bolton, Ironman winner & 2000 USA Olympic Team](#) "Joe Friel is among the deans of triathlon coaching and the newest edition of The Triathlete's Training Bible will be of great benefit to all triathletes interested in performance improvement." [George M. Dallam, Ph.D., former USA Triathlon National Teams Coach, co-author of Championship Triathlon Training](#) "Joe Friel is constantly enhancing his education in the sport. In his books, Joe uses the information of the athletes he personally trains, the coaches who confide in him, and the large amounts of research he digests from triathlon and other endurance sports." [Wes Hobson, former USA Triathlon National Team member and U.S. sprint triathlon champion](#) "In his usual upbeat, reader-friendly style, Joe brings to bear a further understanding of the art and science of triathlon." [Steven Jonas, MD, author of Triathloning for Ordinary Mortals and co-author of Championship Triathlon Training](#) "Any author who includes the word bible in the title risks comparison to a very high standard. The original was divinely inspired, after all. Those with some tri experience who lack the time or the budget to hire a coach should find this book just what is needed to improve performance. Do I hear a chorus of hallelujah?" [IMPACT Magazine](#) "Friel has combined scientific and technical information with his considerable

experience as an athlete and coach of novices, elite amateurs and professionals, to create this very useful reference for triathletes of all types. It would be very surprising if you did not find something useful in The Triathlete's Training Bible. • The Triathlon Magazine Canada
“With nearly three decades of coaching experience, Friel explains the science of training in a language you can understand in the newly released third edition of The Triathlete's Training Bible, effectively giving you the tools to become your own coach. • AmateurEndurance.com
“Very well written and very easy to understand
The takeaways are invaluable
Joe Friel is one of the gurus of triathlon. • A Triathlete's Diary

The best-selling triathlon training guide gets a complete overhaul in this all-new, completely rewritten and redesigned edition that will upgrade every triathlete's training approach.

I found the last edition to be a slightly dry and difficult to enjoy reading. It was still an excellent resource but I would compare it to riding your bike indoors - you don't want to do it but you know you should. This edition is amazing. It is true that Joe has not simply edited the previous edition. This is a totally different book. It is presented in a very organized manner, flows well, and is easy to read quickly while still providing a wealth of information and benefits. In my opinion, it is a must for any age-group athlete.

This book is great, I used and took it with me to my first Ironman. It had super practical information and even helped to sooth the nerves I had a day or two before the race. It is easy to read and get around!

Very comprehensive and thorough guide to making a plan . Good for both beginner and experienced triathletes. The title is appropriate as you can refer back to it again and again. You can also use it to guide you in making your plan for the year. I really like Joe's philosophy of locking in your workout gains with adequate rest. It's good for attaining long term results.

I made the mistake of thinking that the new version would contain extra pages. But in reality it is some 50 pages shorter than my old copy of the third addition. It's all good quality reading and writing and thus may not matter to most. Though I do not dislike the newly edited version, I think some of the changes seem a little cosmetic. The diagrams were easier to understand in the third addition and

I wish they had stuck with them. I don't think many of the updates will make a huge difference for many of us back of the pack individuals though. It is still a master piece and must read.

Everything you need to build your perfect plan. Joe does a great job explaining what the triathlete needs to understand about their self, their sport and exercise. Spoiler alert, recovery is critical.

Great book for someone who has basic (not really much) understanding of the training already and want develop it further. While the content is mostly fantastic author is sometimes repeating same mantras all over again(rest, rest of the life obligations etc.). First reading it is ok but would appreciate 50-100 pages shorter version which I can use every time I want to go back - which I suspect will be very often.

A must have for every triathlete, from the experienced to the beginner!

Informative

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The Triathlete's Guide to Mental Training (Ultrafit Multisport Training) STING LIKE A MOTH
FÄËN BEE- Shawn Kunkler, author of the world's most (fun) badass training manual: Advanced Training for MMA, Jiu Jitsu, Kung Fu, Boxing, Martial Arts: How to Maximize Your Advantage
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