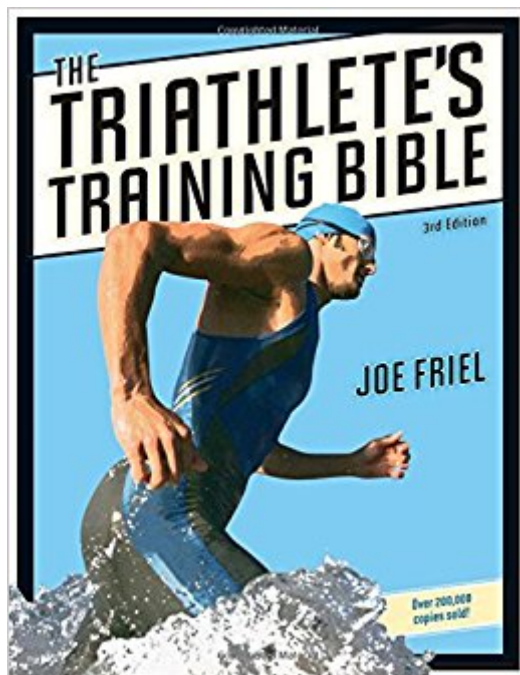


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# The Triathlete's Training Bible



## Synopsis

The Triathlete's Training Bible is the bestselling and most comprehensive reference available to triathletes. Based on Joe Friel's proven, science-based methodology and his 28 years of coaching experience, The Triathlete's Training Bible has equipped hundreds of thousands of triathletes for success in the sport. 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, you will develop your own personalized training plan and learn how to: improve economy in swimming, cycling, and running balance intensity and volume gain maximum fitness through smart recovery make up for missed workouts and avoid overtraining adapt your training plan based on your progress 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.

## Book Information

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## Customer Reviews

"Joe Friel is one of the world's foremost experts on endurance sports." -- Outside magazine  
"One of the most trusted coaches in triathlon." -- LAVA magazine  
"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, Triathlon World Champion  
"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, triathlon's winningest pro "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, triathlon coach "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

"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 Molina, triathlon's winningest pro

"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

"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 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

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

"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'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, Triathlon World Champion

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

"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

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

This is a well written triathlon book by Joe Friel that has a lot of useful information for the beginner to the seasoned triathlete. That being said, I felt that the book would benefit the seasoned or serious triathlete most. In preparation for my first full season of triathlon (mostly sprints), I purchased this book in hopes of providing me with a solid base and a training plan. I'm not in excellent physical shape or a gifted athlete in any sense, and that's why I needed and wanted a book that could give me guidance. The book is broken into sections and chapters. It goes into details of everything you need to know about triathlon. For the average age grouper that is not super competitive and don't have tons of hours to spend on training, this book goes into much more detail than what you need.

But for the serious athlete, this book will motivate and give you the training strategy that will most benefit. Friel uses periodization training in this book; breaking the year into different periods such as Prep, Base 1-2-3, Build 1-2-3, Peak, Race, Transition. This is very useful information that will give the athlete the program to be in the best racing shape during your important races. So why the 4 star? I read and took notes of the book. When I got to the Weekly Training Planning, I was ready and expected the book to "guide" you in one way or another to set up a training plan. But after reading that chapter, I was quite confused on how to plug the different workouts (listed in the appendix) into each day. I was confused on what the intensity and duration for each workout should be for me as a beginner. Basically I felt that the book "left me hanging." I reread the chapter a few more times thinking that I missed something. There were plugs all throughout the book about Friel's training website Trainingpeaks. I checked out the site hoping to find a training plan on there I could use. Friel charges \$99 for almost all of the 12-week training plan. Hmm..... Even with the above complaint I learned a lot from Friel's book. The seasoned athlete will probably know enough to use the training plan set forth by Friel. But for the beginner triathlete in their first couple of seasons I suggest Friel's other book "Your First Triathlon."

I thought this book was really great, particularly for the price. It's jam-packed with really useful information. This book is about how to structure your life around being a triathlete. It's about how to work up a training plan for each year that will help you achieve your goals and reduce your "limiters" - those parts of your triathlon you might not be strong. It goes into incredible detail about how training works, particularly the ideas of periodization and building fitness by varying intensity and volume, and the idea of the three basic parts of fitness (force, speed, and endurance). It talks about identifying your limiters and developing plans to fix them. It also goes into great detail about the differences between training for a sprint triathlon and an Ironman triathlon (it's not just "more hours"). It goes into some detail about how to race, what nutrition and hydration you'll need to bring along, checklists for things to bring and all that - probably stuff you've already got a handle on. It has some information about nutrition outside of racing but it is mostly just an overview. It has essentially no information at all on technique, though - don't buy this book thinking it will make you a better swimmer. Other than that there's really nothing negative to say about the book. It's very well-laid-out, lots of charts and sample training plans. It doesn't over-explain things but doesn't gloss over them either - it's a good balance. **IMPORTANT:** This book isn't a "My First Triathlon" book. It's not a "Triathlon for Dummies" book. As the intro says, it's basically a cheap replacement for a triathlon coach. If you've signed up for your first sprint triathlon and you just want a couple of not-too-detailed

training plans to get you into shape to finish it, this isn't the book for you.

No better all-around guide to Triathlon. I have read and re-read this manual over the years. Joe Friel probably know more about training and triathlon than anyone. For a beginner, there is a lot to learn, and this manual teaches it all. If you are experienced with triathlon, it is a great reference guide. Get sport specific guides for more depth in any-one sport. It can't go into the same level of detail as a cycling specific guide for example. Pros - Information dense. Covers all the sports. Year round advice. Delves into the science of training. A lot of great workouts included to keep revisiting. Follow this program and you will perform well. Cons - Although just released, the Kindle version is not a modern kindle book with proper layout and difficult to navigate. Stick with the paper copy rather than buying the kindle version until it is improved.

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