



Your Best Triathlon: Advanced Training for Serious Triathletes

By Friel Joe

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Your Best Triathlon: Advanced Training for Serious Triathletes By Friel Joe

Your Best Triathlon is a master plan that will guide experienced triathletes through every week of their season. For each phase of training, Joe lays out the path to success, outlining clear objectives and the guidelines to meet them.

Joe Friel's highly refined training plans for sprint, Olympic, half-Ironman®, and Ironman® race distances will help serious triathletes deliver a breakout performance, even those with countless races under their belt. Joe offers a tool kit of proven workouts that will isolate and develop specific abilities. Within each workout and plan, he offers easy modifications to better manage personal limiters and improve performance.

Hundreds of thousands of triathletes have relied on Joe Friel and his groundbreaking best seller, *The Triathlete's Training Bible*, to develop their own self-coached training programs. Now Joe Friel, the most experienced coach in triathlon, reveals his formula for advanced training and coaches triathletes to their best race ever.

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Your Best Triathlon: Advanced Training for Serious Triathletes By Friel Joe Bibliography

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Editorial Review

Review

"If you truly want to see just how good you can be, get a copy of Friel's latest training manual, *Your Best Triathlon*." -- **Active.com**

"From one of the most trusted coaches in the sport, *Your Best Triathlon* is the culmination of decades of experience helping committed athletes achieve their best race ever. Following his plan, even mid-season as I have, I've found a happy medium of self-coaching and learning from one of the best." -- **LAVA magazine**

"Joe Friel's new book *Your Best Triathlon: Advanced Training for Serious Triathletes* takes his Training Bible series to a new level of sophistication and detail. Friel writes from a coach's perspective, tackling all race distances in a well-organized, easy-to-follow format." -- **Everymantri**

"Highly functional and a must read for any self-coached triathlete. A fantastic tool to place into your triathlon toolkit." -- **TriMadness**

"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**

From the Back Cover

You've imagined the exhilaration of crossing the finish line in record time. Now make it a reality. Start training for your best race with Joe Friel--the most experienced coach in triathlon." *Your Best Triathlon* is a master plan that will guide you through every week of your season. As you begin each phase of training, Joe lays out your path to success, outlining clear objectives and the guidelines to meet them. Joe Friel's highly refined training plans for sprint, Olympic, half-Ironman(R), and Ironman(R) race distances will help you deliver a breakout performance, even if you're a veteran triathlete with countless races under your belt. Joe gives you a tool kit of proven workouts that will isolate and develop specific abilities. Within each workout and plan, he offers easy modifications to better manage your limiters and improve your performance.

Hundreds of thousands of triathletes have relied on Joe Friel and his groundbreaking best seller, "The Triathlete's Training Bible," to develop their own selfcoached training programs. Now Joe reveals his formula for advanced training and coaches you to your best triathlon ever.

With over 30 years of experience coaching elite and age-group athletes, Joe Friel is one of the world's most experienced and respected triathlon coaches. He is an elite-certified USA Triathlon and USA Cycling coach and holds a master's degree in exercise science. His triathlon books "The Triathlete's Training Bible," "Your First Triathlon," and "Going Long" (coauthor) are best-selling training resources in endurance sports.

About the Author

Joe Friel is the best-selling author of *The Triathlete's Training Bible*, *The Cyclist's Training Bible*, *Going Long*, *Your Best Triathlon*, and *Your First Triathlon*. His *TrainingBible* Coaching franchise is one of the

most successful and respected in endurance sports. Joe has trained endurance athletes since 1980, including national champions, world championship contenders, and Olympic athletes in triathlon, duathlon, road cycling, and mountain biking. He is an elite-certified USA Triathlon and USA Cycling Coach and holds a master's degree in exercise science. He conducts training and racing seminars around the world and provides consulting services for corporations in the fitness industry. He has also been active in business as the founder of Ultrafit, an association of coaching businesses; TrainingPeaks, a web based software company; and TrainingBible Coaching.

Users Review

From reader reviews:

Clair Lemanski:

What do you in relation to book? It is not important to you? Or just adding material when you really need something to explain what your own problem? How about your extra time? Or are you busy individual? If you don't have spare time to try and do others business, it is gives you the sense of being bored faster. And you have free time? What did you do? Everyone has many questions above. They need to answer that question since just their can do which. It said that about publication. Book is familiar in each person. Yes, it is right. Because start from on jardín de infancia until university need this Your Best Triathlon: Advanced Training for Serious Triathletes to read.

Deborah Young:

Information is provisions for people to get better life, information today can get by anyone with everywhere. The information can be a knowledge or any news even a huge concern. What people must be consider any time those information which is inside former life are difficult to be find than now's taking seriously which one would work to believe or which one the particular resource are convinced. If you obtain the unstable resource then you understand it as your main information you will see huge disadvantage for you. All of those possibilities will not happen in you if you take Your Best Triathlon: Advanced Training for Serious Triathletes as the daily resource information.

Ernie Fleishman:

Reading can called mind hangout, why? Because when you find yourself reading a book specifically book entitled Your Best Triathlon: Advanced Training for Serious Triathletes your head will drift away trough every dimension, wandering in every aspect that maybe unidentified for but surely can be your mind friends. Imaging every single word written in a e-book then become one web form conclusion and explanation in which maybe you never get previous to. The Your Best Triathlon: Advanced Training for Serious Triathletes giving you one more experience more than blown away your brain but also giving you useful information for your better life in this particular era. So now let us present to you the relaxing pattern this is your body and mind is going to be pleased when you are finished reading it, like winning an activity. Do you want to try this extraordinary paying spare time activity?

Donna Moore:

That guide can make you to feel relax. That book Your Best Triathlon: Advanced Training for Serious Triathletes was multi-colored and of course has pictures on there. As we know that book Your Best Triathlon: Advanced Training for Serious Triathletes has many kinds or category. Start from kids until teens. For example Naruto or Investigator Conan you can read and feel that you are the character on there. Therefore not at all of book tend to be make you bored, any it offers up you feel happy, fun and loosen up. Try to choose the best book for you personally and try to like reading which.

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