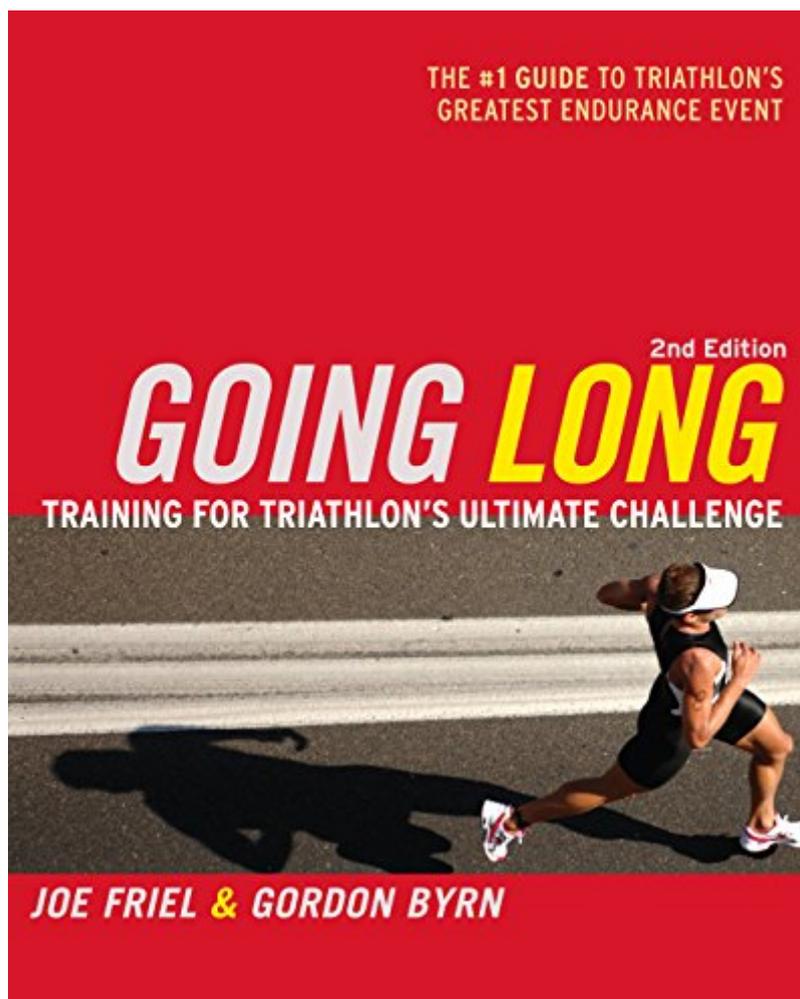


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# Going Long: Training For Triathlon's Ultimate Challenge (Ultrafit Multisport Training Series)



## Synopsis

Internationally recognized triathlon coach and best-selling author Joe Friel teams up with ultra-endurance guru Gordon Byrn in *Going Long*, the most comprehensive guide to racing long-course and Ironman-distance triathlons. Combining science with personal experience, Friel and Byrn prepare anyone, from the working age-grouper to the podium contender, for success in triathlon's ultimate endurance event. Whether you are preparing for your first long-course triathlon or your fastest, *Going Long* will make every hour of training count. 40 sport-specific drills to improve technique and efficiency  
Updates to mental training  
Key training sessions, workout examples, and strength-building exercises  
A simple approach to balancing training, work, and family obligations  
A new chapter on active recovery, injury prevention and treatment  
*Going Long* is the best-selling book on Ironman training. Friel and Byrn guide the novice, intermediate, and elite triathlete, making it the most comprehensive and nuanced plan for Ironman training ever written. *Going Long* is the best resource to break through an Ironman performance plateau to find season after season of long-course race improvements.

## Book Information

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## Customer Reviews

AFTER THE RACE: THIS BOOK WORKS! I offered the below review before my first "official" ironman triathlon. I followed the advice and completed an Ironman in 11:51 (not blazing, but good enough for the first time). My longest training week was a 18 hour crash week, but none of my other weeks was longer than 10 hours. I focused on key workouts, made sure they were of the highest quality, and let the rest go. My time is even better, when you consider that I was out for 9 weeks in the early summer due to a broken arm (I couldn't do any of the sports and walked about three times a week). So I put together a sub 12 hour performance in 13 weeks, with only one week being over 10 hours. Next time I will do more, and hopefully race better, but overall I am very pleased with the results this book yielded. It gave me a means for spending Sundays with my children rather than my running shoes, let me know that my swimming was not going to get much better without 10000 more yards a week, and helped me learn to be patient on the bike. If you have a life, but want to do an Ironman (yes!!! you can have both) purchase this book.

ORIGINAL REVIEW: At first a lot of the information in this book seemed to be a rehash of "The Triathlete's Training Bible" as stated in my original review. But after reading the book carefully and really pondering what the authors have to say, there does appear to be a lot dedicated toward the art of completing an ironman triathlon. In all fairness, I must change my review. And if some of the information has been printed in "The Triathlete's Training Bible," at least in this book it is all arranged with one purpose--to finish a full ironman. First, I must applaud the authors for their inclusion in the introduction.

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