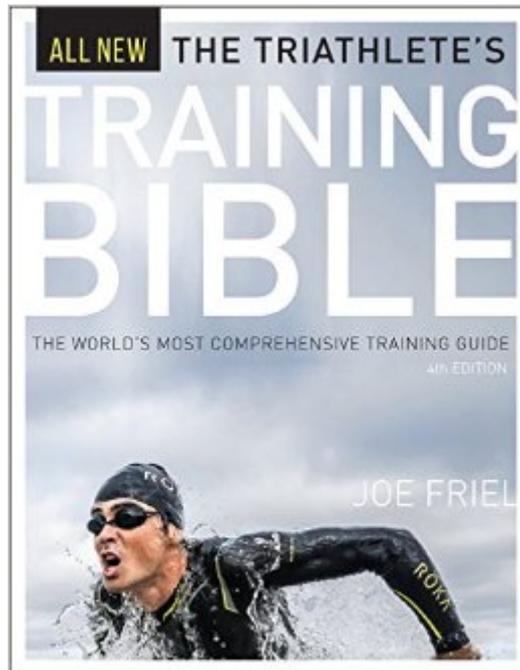


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# The Triathlete's Training Bible: The World's Most Comprehensive Triathlon Training Guide, 4th Ed.



## 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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IronFit Triathlon Training for Women: Training Programs and Secrets for Success in all Triathlon Distances The 12-Week Triathlete: Train for a Triathlon in Just Three Months Triathlon for the Every Woman: You Can Be a Triathlete. Yes. You. 12 Week Triathlete, 2nd Edition-Revised and Updated: Everything You Need to Know to Train and Succeed in Any Triathlon in Just Three Months - No Matter Your Skill Level Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training,Puppy training, Puppy house training, Puppy training ... your dog,Puppy training books Book 3) The Triathlete's Training Bible Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting) The Triathlete's Guide to Swim Training (Ultrafit Multisport Training Series) Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books) Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More Going Long: Training for Triathlon's Ultimate Challenge (Ultrafit Multisport Training Series) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Triathlete Magazine's Essential Week-by-Week Training Guide: Plans, Scheduling Tips, and Workout Goals for Triathletes of All Levels The Triathlete's Training Diary: Your Ultimate Tool for Faster, Stronger Racing, 2nd Ed. Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) The Grace to Race: The Wisdom and Inspiration of the 80-Year-Old World Champion Triathlete Known as the Iron Nun

