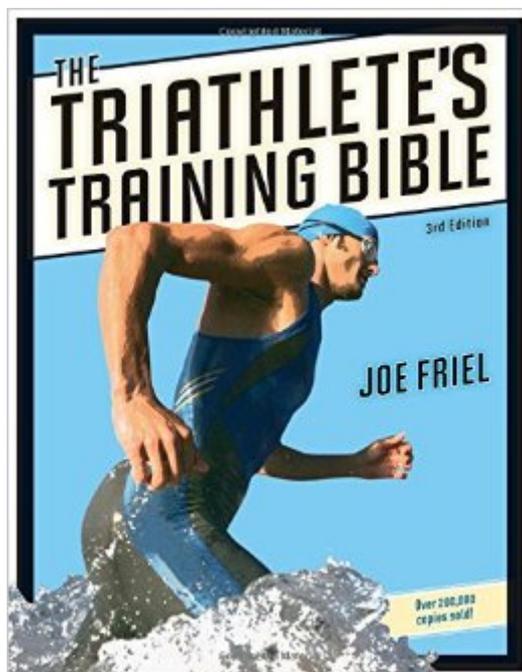


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# The Triathlete's Training Bible



## 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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Best Sellers Rank: #51,627 in Books (See Top 100 in Books) #21 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Triathlons](#) #22 in [Books > Science & Math > Mathematics > Pure Mathematics > Algebra > Linear](#) #27 in [Books > Sports & Outdoors > Individual Sports > Triathlon](#)

## Customer Reviews

In my opinion, the goal of this book is to give people who want to compete in triathalons a scientific, self-coached training plan. Does it deliver? Absolutely. The book accomplishes this through six, cleanly divided parts. PART ONE, "The self-trained triathlete" is concerned with the "philosophical" basis for methodical training. It deals with things such as attitude and commitment, which are as important as physical training. PART TWO, "From lab to real world" talks about the scientific

foundation of training and goes into the science and principles of training (i.e. progressive resistance, periodization, etc.). PART THREE, "Training with a purpose" pulls together parts one and two in which a system of purposeful training is described. This part will help the reader to determine exactly what their training needs are and the best ways to address them. PART FOUR, titled "Planning" helps you design your own training plan for a season, week by week. PART FIVE, "Racing and recovering" takes you through the details of preparing to race and recovering after - it gives you info on what to do before and after the actual race. This information is essential as many athletes neglect to recover properly before starting training again for the next race. PART SIX, "The competitive edge" talks about supplemental aspects of training that can contribute to peak performance such as swimming tips, weight training ex's, eating tips, etc. - kind a of "tie up the loose ends" section. A book that truly lives up to its name, I can't see many readers coming away from this book without picking up much useful information - from the beginner to the experienced. Athletes who have shoulder trouble that interferes with their training might also find *Bulletproof Your Shoulder* helpful too. Happy training!

I bought this book in preparation for my first olympic distance triathlon and found it a bit too advanced for my needs. I'd highly recommend it for anyone who is in top form for the olympic distance or doing ironmans, but it was so detailed I lost the forest for the trees in trying to make sure I was training effectively. I was hoping for something a little simpler - "here's how you should think about your training and to know you're ready for the race (for me - that meant finishing without feeling like i was going to die.)" Those nuggets are in there, but it's clearly directed for people who are competing at an elite level or is there to help people train for ironmans. To that end, the book appears to be superb - very well thought out, and well laid out as well. Jim

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.

I bought this book because I was completing my first triathlon (done) and heard that this was a great book for triathletes. It's a big text - almost like a phone book, and the content is similarly weighty. There were some bits here and there that I found accessible and useful (but struggled to find them again buried between reams of complicated schedules). The author is no doubt knowledgeable but I think that this is more for a coach or someone who really likes a lot of rules and structure - for example the general training plans are centered around periods broken into "Pre Base 1 2 3 Build 1 2 Prep Race Tran", each with variable mixes of "endurance force speed muscular-endurance anaerobic-endurance power testing" - do we really need this level of complexity? I'll stick with something a little more relaxed. Edited- OK having now been in the sport a couple of years, I have to admit I still go back to the bible a fair bit, and I'm adding a star. I still think for beginners, Friel's Your First Triathlon would be a better choice. At the other end, if planning an Ironman, I think his other book, Going Long, which I just purchased, is superior, more accessible and more focused.

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