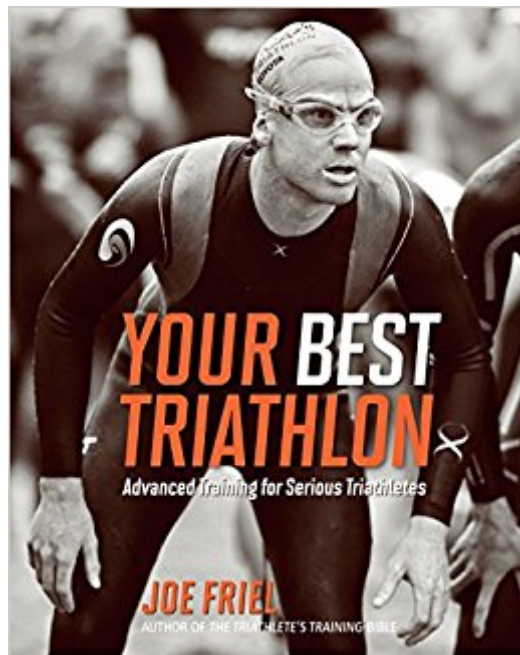




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Your Best Triathlon: Advanced Training For Serious Triathletes



Synopsis

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.

Book Information

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Customer Reviews

"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

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.

One of the best books about triathlon I have read and used so far. I actually have a copy on my iPhone which I bought before a paper version. What's very useful for me is that all periods are described in details and I know what to do exactly in each period.

An excellent training partner for triathletes of varying types but is directed more toward at those who already have an understanding of training techniques and as such abbreviations of workout type(s). A great supplement to triathletes bible as it is somewhat assumed you are already applying these

workouts or have access to the first book for these. Well written and could certainly set you up for a successful race or season.

Joe Friel does it again and again. He seems to write about triathlons in every book, and somehow manages to provide more and more useful insight. This book doesn't replace any of his others, it's an amazing addition. The Triathlete's Training Bible is a great overview for how to plan a season. Your Best Triathlon tells you exactly how to prepare on a day-to-day basis and make the best use of your time.

Joe Friel knows his stuff! Can't wait to become an Ironman using his tried and true formula. He's sharing some of the secrets that help him pull down thousands of dollars a month in coaching fees.

If you like lots of information that gives you good guidance as to how to achieve your triathlon aspirations, this is it. It is quite dense and needs to be studied to know the terms ~ then it needs to be used...you've got to stay healthy, and have a schedule that allows for all the work heading your way. I'm a little bit more laissez faire with mapping it all out. The guide, however, is quite good.

I bought this for my husband. He has done multiple 70.3 Ironman races. He is now looking to do a full one. He loves this book. It is all he needs to help guide his training.

This book has changed my approach to Triathlon training, racing, and my general philosophy. Joe Friel is a great coach and author - I'm using this book as I prepare for my first Ironman next June, with hopes of a 10 hour race.

I love all of Friel's books, and this one was no exception.

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The Complete Guide to Triathlon
Swimming And Training: Discover How To Quickly And Easily Swim Faster And More Efficiently,
Overcome Your Fears, And Have Your Best Triathlon Yet
IronFit Triathlon Training for Women:
Training Programs and Secrets for Success in all Triathlon Distances
Crate Training: Crate Training
Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your

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