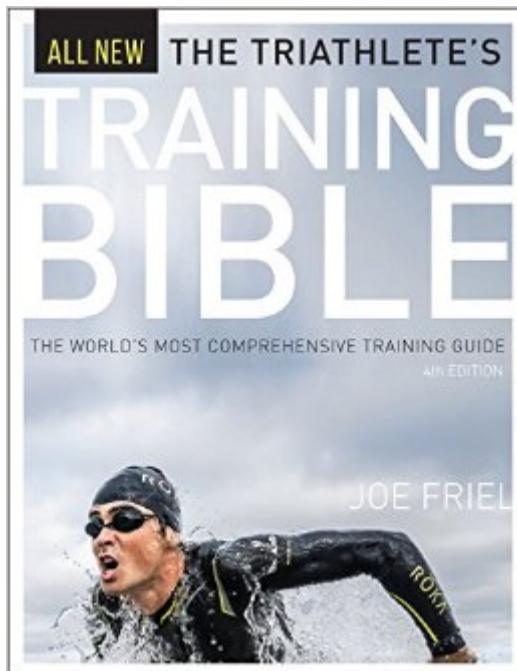


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# The Triathlete's Training Bible: The World's Most Comprehensive Triathlon Training Guide, 4th Ed.



## Synopsis

The Triathleteâ™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 Triathleteâ™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:Â become a better swimmer, cyclist, and runnerÂ train with the right intensity and volumeÂ gain maximum fitness from every workoutÂ make up for missed workouts and avoid overtrainingÂ adapt your training plan based on your progress and conflictsÂ build muscular endurance with a new approach to strength trainingÂ improve body composition with smarter nutritionThe Triathleteâ™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.Whatâ™s New in the Fourth Edition of The Triathleteâ™s Training Bible? Coach Joe Friel started writing the fourth edition of The Triathleteâ™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 Frielâ™s blog or VeloPress for an expanded summary of improvements to this fourth edition.

## Book Information

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