



# The Triathlete's Training Bible

*Joe Friel*

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Joe Friel

## The Triathlete's Training Bible Joe Friel

*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.

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