



The Triathlete's Training Bible (2nd Edition)

Joe Friel

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This new edition of *The Triathlete's Training Bible* covers all of the specialized training needs of triathletes, including completely updated nutrition, recovery, and weight training information. The book also contains seasoned advice on the mental aspects of training. Author Joe Friel shows how to achieve greater fitness by examining personal strengths and weaknesses, and devotes individual chapters to planning, racing, rest, and recovery. Appendices include annual training plan worksheets and suggested swim, bike, run, and combined workouts.

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