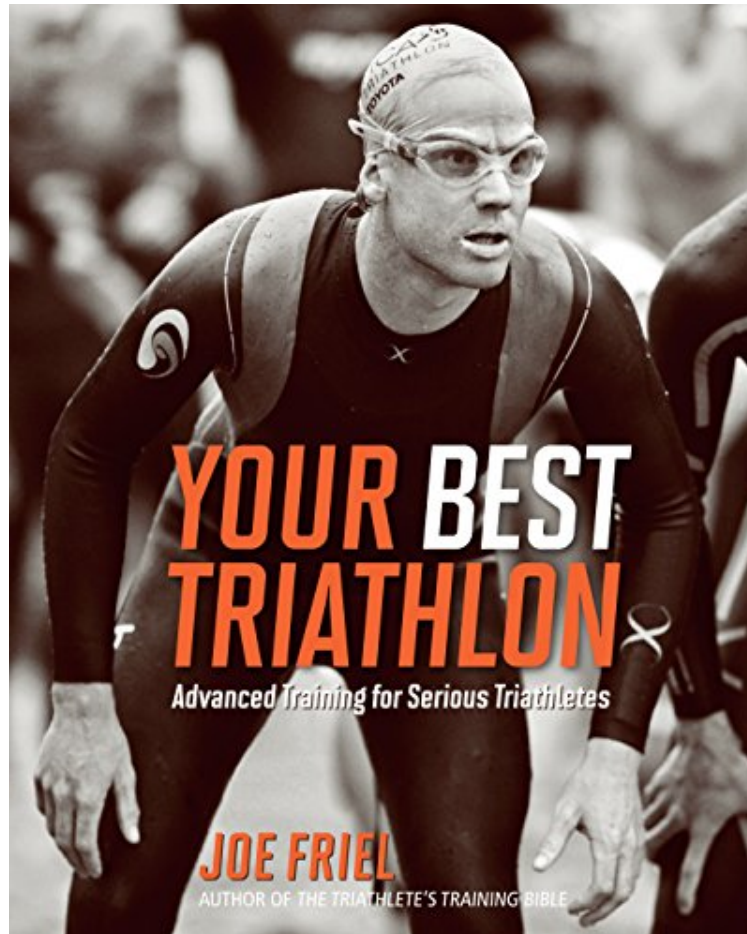


(Read free ebook) Your Best Triathlon: Advanced Training for Serious Triathletes

Your Best Triathlon: Advanced Training for Serious Triathletes

Von Friel Joe

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Von Friel Joe : Your Best Triathlon: Advanced Training for Serious Triathletes before purchasing it in order to gage whether or not it would be worth my time, and all praised Your Best Triathlon: Advanced Training for Serious Triathletes:

KundenrezensionenHilfreichste Kundenrezensionen3 von 3 Kunden fanden die folgende Rezension hilfreich. Mein neues StandardwerkVon Peter RabeneckerNachdem ich von Friel bereits going long (engl.) Going Long: Training for Ironman-Distance Triathlons (Ultrafit Multisport Training Series) und die Triathlon-Bibel (dt.) Die Trainingsbibel fr Triathleten (Aktualisierte Neuauflage) gelesen und fr gut befunden habe, machte ich mich an sein neues Werk. Es bietet zwar im Bezug auf vorgenannte Bcher nur wenig Neues, was Trainingsaufbau und -philosophie angeht, es ist jedoch hervorragend strukturiert, was vor allem Freunde von going long freuen drfte. Your best triathlon ist schn bersichtlich nach Trainingsphasen gegliedert, es gibt in jeder Phase fr die 4 Streckenlngen (Sprint, Olympisch, Halb- und Langdistanz) beispielhafte Belastungs- und Entlastungswochen. Ausserdem werden alle in der aktuellen Phase bentigten Trainingseinheiten fr die einzelnen Fhigkeiten (bspw Kraftausdauer Rad, Schnelligkeit Lauf, allgemeines

Krafttraining etc.) ausgearbeitet, so dass man sich damit recht leicht einen eigenen Plan stricken kann. Für die Selbstanalyse (wo liegen meine Stärken respektive Schwächen) ist die Triathlonbibel eine gute Grundlage, ansonsten kann ich dieses Buch nur direkt empfehlen - allerdings unter der Voraussetzung, dass man ambitioniert an den Sport herangehen möchte. Für Triathleten, die "nur" finishen möchten ist das Buch überdimensioniert (die Beispielwoche für die Langdistanz in der Base3-Phase liefert z.B. 11-17 Einheiten bei 13-25h). Und auch Leute, die gerne bei den Citratzyklus lesen sind sicher bei Werken von Neumann, Pfitzner oder Hottenrott besser aufgehoben - Friel zitiert zwar auch ab und an Studien, er geht aber eher pragmatisch an die Sache heran und zehrt von seiner Erfahrung. Fazit: ihr wollt das letzte aus eurem Körper herauskitzeln und könnt Englisch? Dann ist dieses Buch hier DAS Werk für Euch.

Kurzbeschreibung 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 Triathletes 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. **Pressestimmen** "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 "Joe Friel's training books have made the once "crazy" sport of triathlon accessible to the public while also guiding seasoned athletes to their full potential." Barb Lindquist Joe Friel has spent most of his life in devotion to the understanding and teaching of sport. Joe has managed to focus on the key components to athletic success while weeding out the noise. Justin Daerr, professional triathlete Whether you're a beginning triathlete "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." -- Everyman tri "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 "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. 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