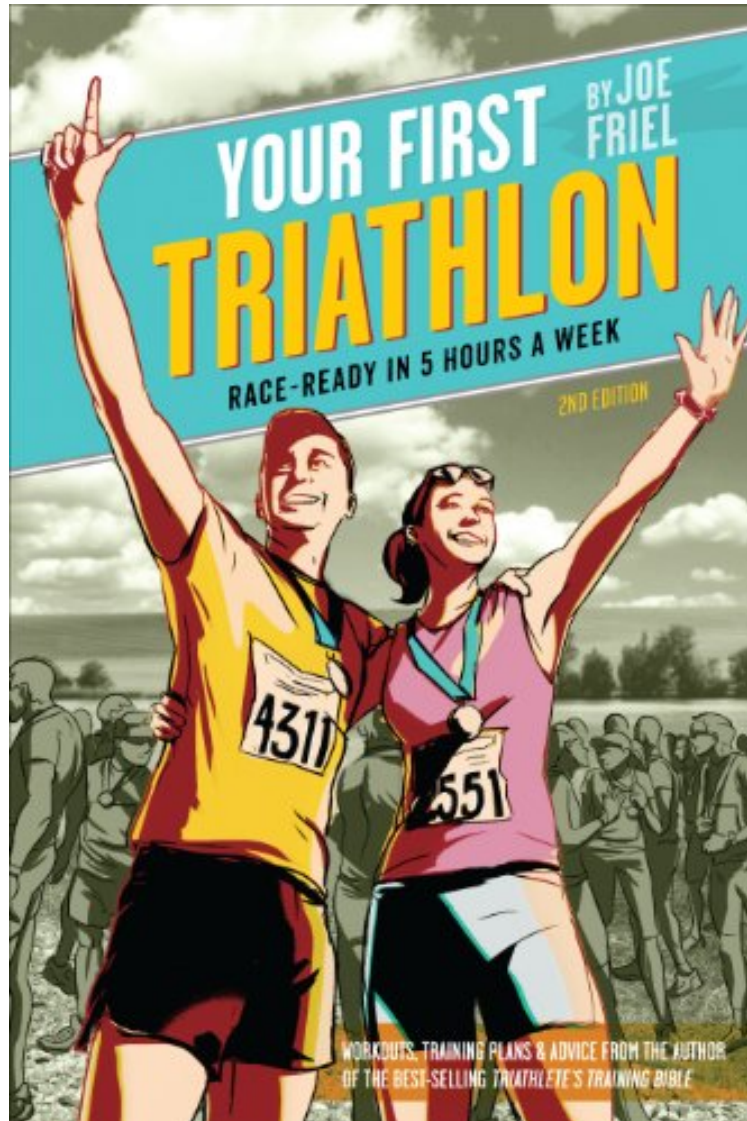


(Read and download) Your First Triathlon, 2nd Ed.: Race-Ready in 5 Hours a Week

Your First Triathlon, 2nd Ed.: Race-Ready in 5 Hours a Week

Von Friel Joe

ebooks | Download PDF | *ePub | DOC | audiobook



[Download](#)

[Read Online](#)

Produktinformation -Verkaufsrang: #427580 in eBooksVerffentlicht am: 2012-06-01Erscheinungsdatum: 2012-04-01File Name: B008CJBX52 | File size: 68.Mb

Von Friel Joe : Your First Triathlon, 2nd Ed.: Race-Ready in 5 Hours a Week before purchasing it in order to gage whether or not it would be worth my time, and all praised Your First Triathlon, 2nd Ed.: Race-Ready in 5 Hours a Week:

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Perfect book for beginnersVon KundeGreat book to start, it provides basic understanding on equipment, training plans and diet. If you are already experienced, it is probably not for you.0 von 1 Kunden fanden die folgende Rezension

hilfreich. Only good if you dont know at all about triathlon.Von SunnyGood:Suggestion to use indoor swim for learning is better.Suggestion on Accessories is good.Suggestion on bikes.Read half of the book and more feel is writer favorite sport is bike. Lot of written about cycling and technique.Good suggestion to increase intensity and myths in IndustryBad:Very very basic. Some of the things every one would be knowing with so much of internet around.Very less on drills and improvement. Even the writer suggested other coaches to learn swim. But not many swim drills.New runners get injured faster so a bit on cool down and warm up should be given for the runs.

KurzbeschreibungJoe Friel is the world's most trusted triathlon coach and his friendly guide, *Your First Triathlon*, will get you ready for your first sprint or Olympic triathlon feeling strong, confident, and ready for the challenge. Friel has helped hundreds of thousands of people to enjoy the challenges of triathlon with his clear and comprehensive TrainingBible method. *Your First Triathlon* simplifies all the principles of Friel's training approach for newcomers who want a simple, no-nonsense way to train for triathlon. The practical triathlon training plans in *Your First Triathlon* take fewer than 5 hours a week and will build the fitness and confidence you need to enjoy your first event. *Your First Triathlon* offers a 12-week training plan for total beginners as well as custom plans for athletes who have some experience in running, cycling, or swimming. Each triathlon training schedule includes realistic swimming, biking, and running workouts with options to add strength workouts. These simple plans will build anyone into a triathlete. Friel simplifies your triathlon race day with smart tips to navigate your race packet pickup, set up your transition area, fuel for your race, finish your swim without stress or fear, and ensure your race goes smoothly from the moment you wake up until you cross the finish line. Triathlon is a fun and challenging sport that can help you get fit, healthy, and feeling great. *Your First Triathlon* will help you get off to a great start in the swim-bike-run sport.Pressestimmen"Any new triathlete would greatly benefit from this book, and if you were to buy just one book for your first triathlon, this would be the one!" TriNewbies.com "Joe takes the fear out of doing a first triathlon." Barb Lindquist, 2004 USA Olympic Team "If you are looking to get off to a great start in this sport, you have come to the right place!" Siri Lindley, Triathlon World Champion "Whether you're a beginning triathlete or a seasoned pro, Joe Friel is the utmost authority on triathlon training." Ryan Bolton, 2000 USA Olympic Team "KurzbeschreibungJoe Friel is the world's most trusted triathlon coach and his friendly guide, *Your First Triathlon*, will get you ready for your first sprint or Olympic triathlon feeling strong, confident, and ready for the challenge. Friel has helped hundreds of thousands of people to enjoy the challenges of triathlon with his clear and comprehensive TrainingBible method. *Your First Triathlon* simplifies all the principles of Friel's training approach for newcomers who want a simple, no-nonsense way to train for triathlon. The practical triathlon training plans in *Your First Triathlon* take fewer than 5 hours a week and will build the fitness and confidence you need to enjoy your first event. *Your First Triathlon* offers a 12-week training plan for total beginners as well as custom plans for athletes who have some experience in running, cycling, or swimming. Each triathlon training schedule includes realistic swimming, biking, and running workouts with options to add strength workouts. These simple plans will build anyone into a triathlete. Friel simplifies your triathlon race day with smart tips to navigate your race packet pickup, set up your transition area, fuel for your race, finish your swim without stress or fear, and ensure your race goes smoothly from the moment you wake up until you cross the finish line. Triathlon is a fun and challenging sport that can help you get fit, healthy, and feeling great. *Your First Triathlon* will help you get off to a great start in the swim-bike-run sport.