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“The Triathlete’s Training Bible is a “must read” for both athletes and coaches. It captures the essence of multisport training by outlining both the science and the art of the sport in a detailed, yet practical format.

The Triathlete's Training Bible, 4th Ed. “ VeloPress

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.

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The Triathlete’s Training Bible “ is an invaluable tool for every triathlete looking to improve. “ CLAS BJRLING, PROFESSIONAL TRIATHLETE The Triathlete’s Training Bible “ is a “must read” for both athletes and coaches. . . .

TRAINING BIBLE - Books for Cyclists, Triathletes, Runners

Triathlon coaching from Joe Friel Triathlete Training Bible Book series. As well as other expert coaches such as Jim Vance, Adam Zucco, Scott Lott, Mike Girard, and Tanya Zucco

Home [www.trainingbible.com]

Description : The Triathlete'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.

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As a Training Bible coach you can expect athletes coming to you looking for coaching and expecting you to follow the guidelines described in the Training Bible books, especially the planning chapters.

Training Bible Coaching Periodization

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.

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