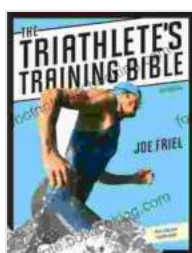


The Triathlete Training Bible: The Ultimate Guide to Triathlon Training for Every Distance

The Triathlete Training Bible is the most comprehensive and authoritative book on triathlon training ever written. Written by Joe Friel, one of the world's leading triathlon coaches, this book provides everything you need to know to train for and race a triathlon, from beginner to advanced.



The Triathlete's Training Bible by Joe Friel

★★★★☆ 4.5 out of 5

Language	: English
File size	: 28978 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 386 pages



Inside, you'll find:

- Step-by-step training plans for every distance, from sprint to Ironman
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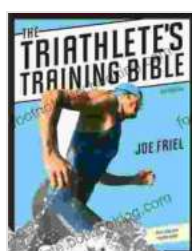
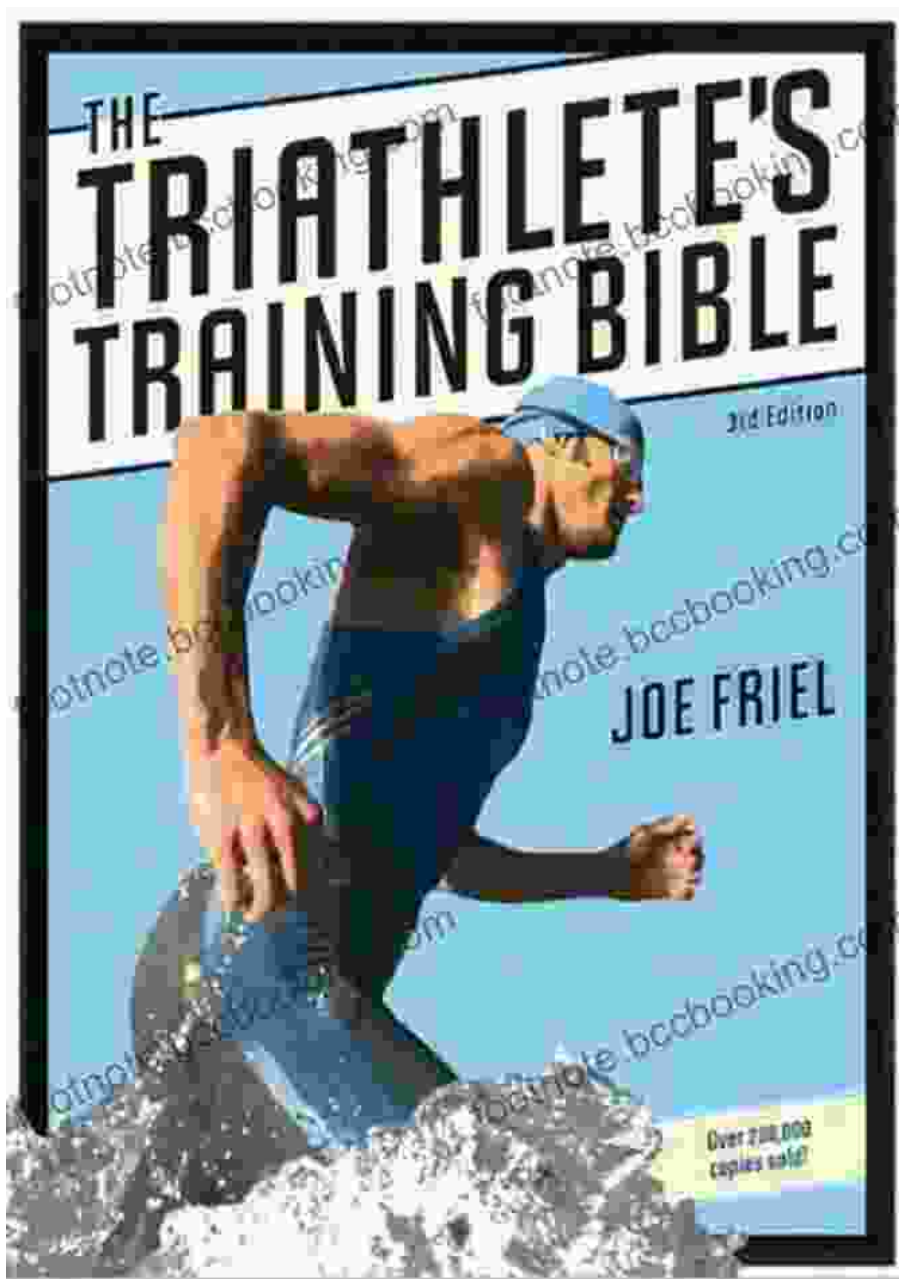
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About the Author

Joe Friel is one of the world's leading triathlon coaches and the author of several best-selling books on triathlon training. He has coached hundreds of athletes to triathlon success, including several world champions and Olympians.

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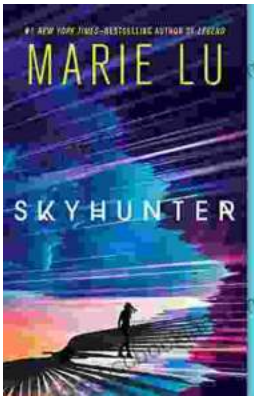
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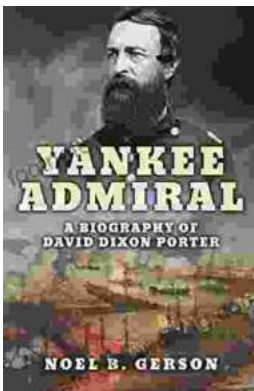
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