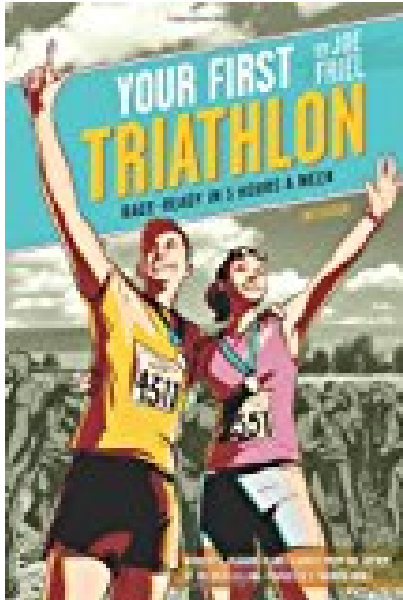


# Your First Triathlon 2nd Ed. Race-Ready in 5 Hours a Week

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## BOOK DETAILS

- Author : Joe Friel
- Pages : 256 Pages
- Publisher : VeloPress
- Language : English
- ISBN : 1884737811

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## BOOK SYNOPSIS

Joe Friel is the top coach in triathlon and his book *Your First Triathlon* is the best-selling book for beginner triathletes. This clear and comprehensive book makes preparing for sprint and Olympic triathlons simple and stress-free. Joe Friel's practical training plan takes fewer than 5 hours a week, giving aspiring triathletes the confidence and fitness to enjoy their first race. *Your First Triathlon* offers a 12-week training plan for total beginners as well as custom plans for athletes experienced in running, cycling, or swimming. Four easy-to-use plans include achievable swim, bike, run, and optional strength workouts that will gradually but surely build anyone into a triathlete. Joe offers helpful advice to simplify the complexities of the swim-bike-run sport. Even a total novice will learn commonsense tips and tricks to navigate packet pickup, set up a transition area, fuel for race day, finish a stress-free swim, and ensure that race day goes as smoothly as planned. Joe Friel is the coach experienced triathletes trust most. His book *The Triathletes Training Bible* is the best-selling triathlon training resource and now his trusted advice is available to help beginners enjoy their first triathlon experience.

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