

[PDF] The Triathlete's Training Diary

Joe Friel - pdf download free book

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Description:

From the Back Cover

Whatever your goals as a triathlete, you need a place to record your workouts and the way your body responds to training from day to day. *The Triathlete's Training Diary* will help you make every workout count.

Joe Friel, triathlon's most accomplished coach, guides you through the essential details of logging your progress toward your goals. If you are designing your own annual plan, Joe provides instructions for mapping out each training block and season.

Use this diary to:

- Monitor daily vital signs -- sleep, fatigue, stress, and soreness -- to protect against overtraining
- Plan a full calendar year of training and racing on a fold-out spread
- Record every detail of each swim, bike, run, crosstraining, and strength workout, with space for multiple workouts and weekly and monthly summaries
- Highlight your accomplishments by tracking race results

The Triathlete's Training Diary is the ultimate training companion. It will help you identify patterns in your performance and give you valuable insight on when to push harder and when to back off, making you a smarter faster triathlete.

About the Author

Joe Friel's TrainingBible Coaching company is one of the most respected and successful in endurance sports. Joe has been training endurance athletes since 1980, including national champions, world championship contenders, and Olympic athletes in road cycling, mountain biking, triathlon, and duathlon. Joe is an elite certified USA Triathlon and USA Cycling Coach and holds a master's degree in exercise science. Joe is a featured columnist for *VeloNews* and *Inside Triathlon* magazines and his articles and interviews appear in dozens of national and international magazines, newspapers, and websites. Joe conducts training and racing seminars around the world and online and provides consulting services for corporations in the fitness industry. He has also been active in business as the founder of Ultrafit, an association of coaching businesses, Training Peaks, a web-based software company, and Training Bible Coaching.

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