

## TRAINING BIBLE JOE FRIEL%0A

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Joe Friel Joe Friel's Blog is for the serious endurance athlete who wants to stay current on the science and art of training for sport. Here you will find Joe Friel's thoughts and ideas before they are published anywhere else.

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

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The Cyclist's Training Bible is designed to help amateurs create a training plan and refine the skills needed to succeed in the sport. Divided into five parts, the book covers commitment and common sense, general concepts, training with a purpose, designing a yearlong plan, and practical strategies for reinforcing training.

[The Triathlete's Training Bible, 4th Ed. VeloPress](#)

Praise for Coach Joe Friel and The Triathlete's Training Bible Joe Friel is arguably the most experienced personal cycling coach in the U.S. Bicycling magazine What Time Noakes's Lore of Running was for running, Friel's Triathlete's Training Bible is for triathlon.

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Joe Friel is the most trusted endurance sports coach in the world. He is the best-selling author of The Triathlete's Training Bible, The Cyclist's Training Bible, Fast After 50, Going Long, Your Best Triathlon, The Power Meter Handbook, and Your First Triathlon.

### **Joe Friel | Triathlon Coach | TrainingPeaks**

Joe is the author of several popular training books including *The Cyclist's Training Bible*, *The Triathlete's Training Bible*, *Triathlon: Going Long* (co-author), *The Power Meter Handbook*, *Fast After 50*, and many more.

### **Joe Friel - Wikipedia**

Joe Friel is an endurance sports coach best known as an elite triathlon and cycling coach as well as the author of *The Triathlete's Training Bible*, *The Cyclist's Training Bible*, *The Mountain Biker's Training Bible*, *Going Long: Training for Ironman-Distance Triathlons*, and *Your First Triathlon*.

### **Books by Joe Friel (Author of *The Triathlete's Training Bible*)**

Joe Friel has 27 books on Goodreads with 10976 ratings. Joe Friel's most popular book is *The Triathlete's Training Bible*.