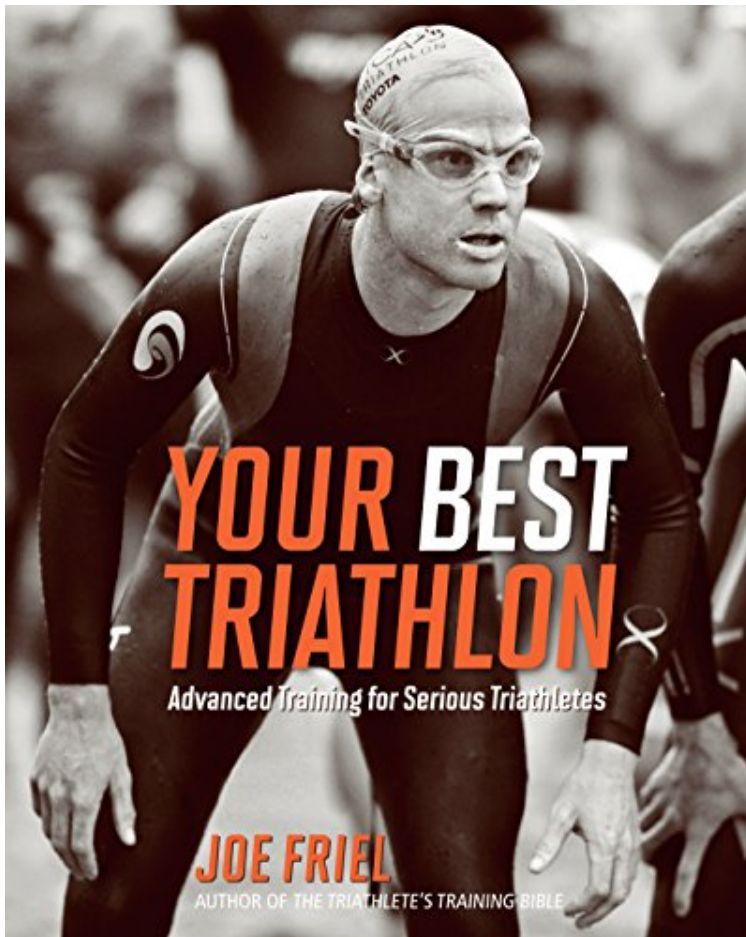


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Your Best Triathlon: Advanced Training for Serious Triathletes



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Prsentation de l'diteurYour Best Triathlon is a master plan that will guide experienced triathletes through every week of their season. For each phase of training, Joe lays out the path to success, outlining clear objectives and the guidelines to meet them.Joe Friels highly refined training plans for sprint, Olympic, half-Ironman, and Ironman race distances will help serious triathletes deliver a breakout performance, even those with countless races under their belt. Joe offers a tool kit of proven workouts that will isolate and develop specific abilities. Within each workout and plan, he offers easy modifications to better manage personal limiters and improve performance.Hundreds of thousands of triathletes have relied on Joe Friel and his groundbreaking best seller, The Triathletes Training Bible, to develop their own self-coached training programs. Now Joe Friel, the most experienced coach in triathlon, reveals his formula for advanced training and coaches triathletes to their best race ever.Prsentation de l'diteurYour Best Triathlon is a master plan that will guide experienced triathletes through every week of their season. For each phase of training, Joe lays out the path to success, outlining clear objectives and the guidelines to meet them.Joe Friels highly refined

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