

Your First Triathlon: Race-ready in 5 Hours a Week (2nd Revised edition)



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Reviews

This ebook is great. Indeed, it can be enjoy, nonetheless an amazing and interesting literature. Your life span will be change as soon as you comprehensive reading this article book.

(Mr. Bo Fadel IV)

YOUR FIRST TRIATHLON: RACE-READY IN 5 HOURS A WEEK (2ND REVISED EDITION)



VeloPress. Paperback. Book Condition: new. BRAND NEW, Your First Triathlon: Race-ready in 5 Hours a Week (2nd Revised edition), Joe Friel, 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.



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