



# A Companion to the Triathlete's Training Bible

*Joe Friel*

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## **A Companion to the Triathlete's Training Bible** Joe Friel

For triathletes consumed with the time commitment of multi-sport strength training, this companion volume to Joe Friel's trusted guide offers a straightforward presentation of the latest developments in triathlon training. Readers learn how to attain faster times through improved economy; use smart nutrition for quicker recoveries; apply speed and power work earlier in training; and evaluate and incorporate new training technologies into current workout regimens. With this scientifically based new information, athletes can better meet or even exceed their performance goals.

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