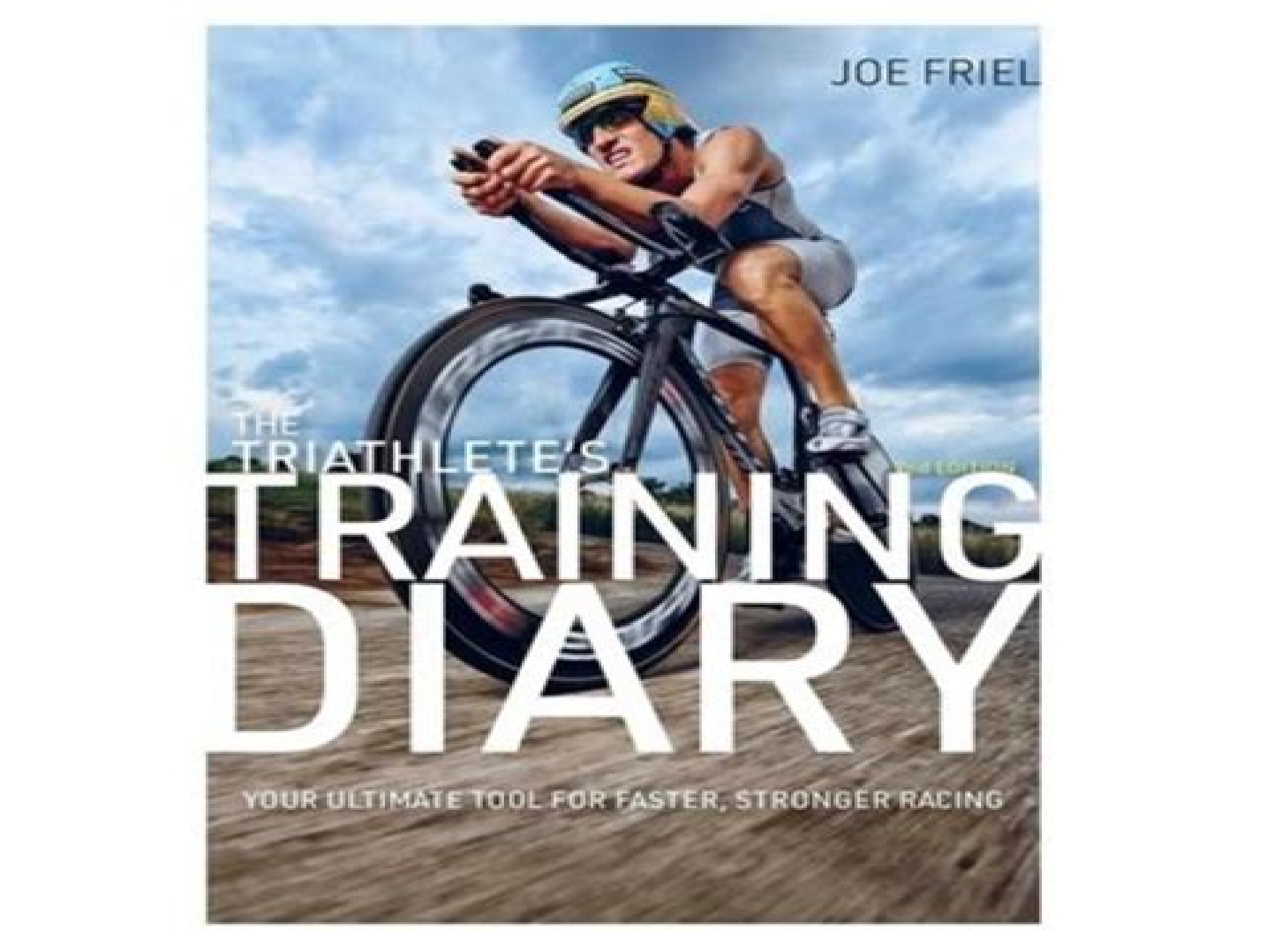




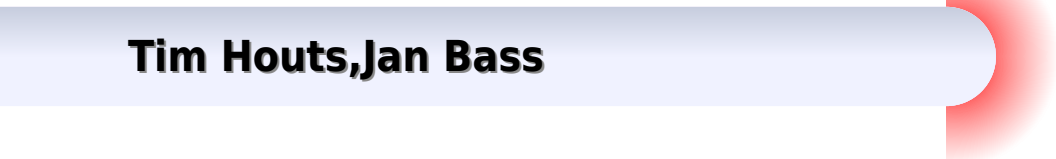
JOE FRIEL

THE TRIATHLETE'S
**TRAINING
DIARY**

YOUR ULTIMATE TOOL FOR FASTER, STRONGER RACING

The Triathletes Training Diary

Tim Houts, Jan Bass



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The Triathlete's Training Diary For Dummies Allen St. John, 2001-03-13 The training journal that will help triathletes go the distance Triathletes will find this spiral bound diary the perfect tool to track and monitor their multi sport training and conditioning progress It's filled with instructional photos and illustrations including distance charts and exercises to prevent injuries

Inside Triathlon Training Diary Joe Friel, 2002 Joe Friel and Inside Triathlon team up to deliver an indispensable training log for triathletes Along with color photos fifty two undated one week diary spreads record every facet of a triathlete's daily workout including duration weather distance time heart rate and weight Weekly summary and race section pages are included to clearly document progress

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will train for the half ironman This journal is ideal for you to plan record and better understand your workouts and performance With undated pages for use at any time of the year this journal offers plenty of space for all the objective and subjective performance metrics you may need to optimally manage your training and results Product details SWOT analysis start of season profile in swimming cycling and running Season goals full season training hours weekly training hours 30 week training period Space for all training metrics such as rest recovery weight training type route distance time average heart rate and power zones time heart rate and your personalized notes Weekly results tracking Event results summary to record finish times pre and post race nutrition goals route and performance Seasonal results summary Dimensions 16 99 x 24 4 cm

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Inside Triathlon Training Diary Joe Friel,1997-10 *The Triathlete's Training Bible* Joe Friel,2025-11-04 The Triathlete s Training Bible is the bestselling and most comprehensive guide for aspiring and experienced triathletes now updated to incorporate new training principles and the latest methodologies to help athletes train smarter than ever Joe Friel is the most trusted coach in the world and his proven triathlon training program has helped hundreds of thousands find success in the sport of triathlon Joe has greatly updated this new Fifth Edition of The Triathlete s Training Bible to incorporate new training methods especially on workout intensity to help athletes train smarter and produce better results than ever The Triathlete s Training Bible equips triathletes of all abilities with every detail they must consider when planning a season lining up a week of workouts or preparing for race day With this new edition Joe will guide you to develop your own personalized triathlon training program and Become a better swimmer cyclist and runner Train with the most effective intensity and volume Gain maximum fitness from every workout Make up for missed workouts and avoid overtraining Adapt your training plan based on your progress and lifestyle Build muscular endurance with a proven approach to strength training Improve body composition with smarter nutrition The Triathlete s Training Bible is the best selling book on tri training ever published Get stronger smarter and faster with this newest version of the bible of the sport What s New in the Fifth Edition of The Triathlete s Training Bible The science and sport of triathlon have changed since the previous edition was released This new edition adds emphasis to personalizing training plans incorporates new power pace and heart rate techniques for swimming cycling and

running improves on skill development techniques updates his strength training approach speeds up recovery for busy athletes and cuts through the noisy volume of training data to focus athletes on the numbers that mean the most to better performance The most significant changes have to do with getting the intensity of workouts right to build a bigger aerobic endurance base while becoming more race fit

Tri Log Tim Houts, Jan Bass, 1989-08-01 Meet the only full color training diary with the guts for triathlons TRI LOG is the only full color training diary guide available for triathletes biathletes It is truly becoming the only training diary triathletes want to buy retailers want to sell For the retailer 1 Its full color format undated calendar format make it the ideal holiday gift item 2 One out of every three triathletes uses a training diary 3 Its 16 95 retail price gives twice the profit of a cheaper training log 4 National consumer advertising publicity fuel sales 5 Free point of sale display holder with all orders of 6 or more 6 Its primary selling season of November through April makes it easier to stock For the triathlete 1 52 weeks of undated diary pages to record swim cycle run training 2 A 40 page training guide featuring training tips workouts 3 12 full color 52 black white action photos 4 Planning tracking charts to map out race specific training cumulative mileage tracking chart

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Inside Triathlon Inside Triathlon, 1994-09-01

The Fitness Log Book for Runners Liz Barrett, 1997-07-01 Every marathon starts with just one step every training program starts the same way whether you are a

weekend walker a sub 4 00 miler or an Ironman triathlete No matter where you start you will get stronger faster as you train so long as you can stick with it which is easier said than done The Fitness Logbook will help you do just that It is an indispensable tool for setting goals recording your workouts charting your progress fine tuning your training program giving you a boost just when you need it by allowing you to see that you re getting closer to your goals Start with the year at a glance Training Plan to help you set goals formulate the exact types of training you ll need to reach them Then use the daily logs to record your workouts the weekly summaries to track your progress Finally there are logs for eighteen races as well as a comprehensive list of races resources around the country a personal contacts section a maintenance calendar

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