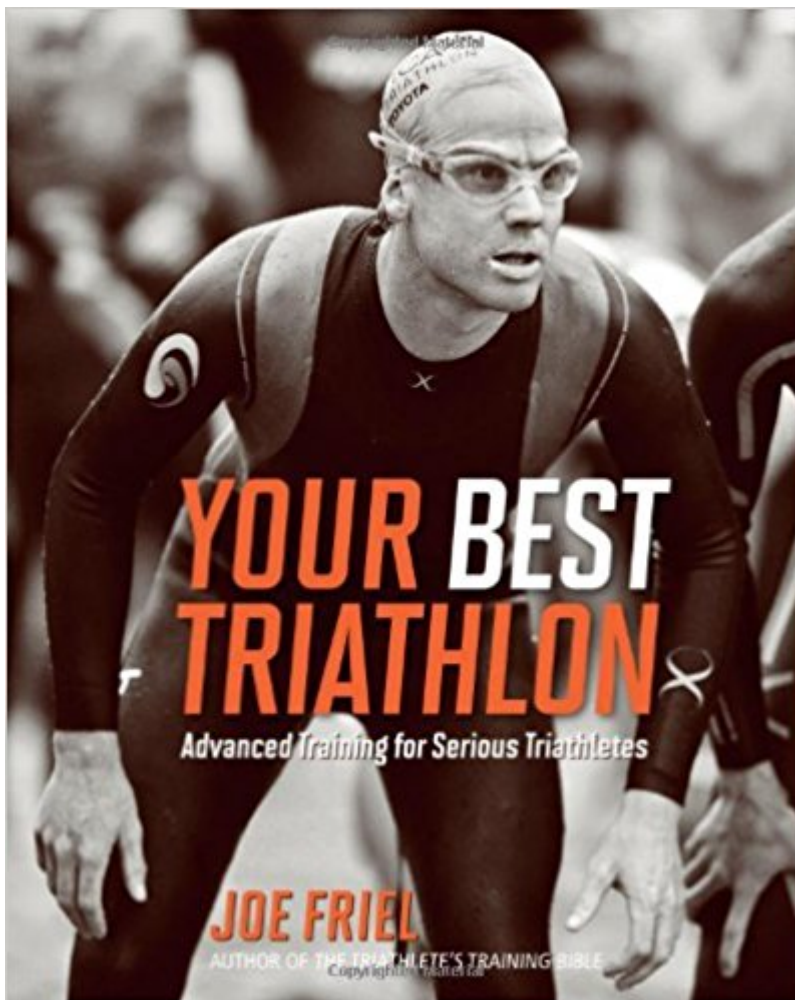




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Your Best Triathlon



Synopsis

Your 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 Friel's 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 Triathlete's 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.

Book Information

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Customer Reviews

I bought many books last year (2012) since my wife told me that she wanted to do a full triathlon race this year (2013). Before 2013, her races are limited to few marathons, 50Ks, and 1 double marathon. She has never done any real triathlon race - meaning no swim and bike background. Her marathon PR was 3:24 - so now you know her athletic ability to judge how the training turned out to be. Here are the books I bought: *The Triathlete's Training Bible* by Don Fink, *Ironman Start to Finish*, *24 Weeks to an Endurance Triathlon*, *Iron Planner*, *Training Plans for Multisport Athletes*, *Complete Triathlon Book* by Matt Fitzgerald, *Essential Week-by-Week Training Guide* by

Matt Fitzgerald In addition, I bought some biking related books and other swimming related books. If you are going to buy just one book, I recommend "Your Best Triathlon" above anything else - that is if you are going to use the heart zone, pace zone, and power zone related training. If you aren't interested in using any of those, you can just use Matth Fitzgerald's Essential Week-by-Week, but I found it not very much helping if you are serious about the training. My wife told me that she wanted to finish her first full triathlon race within 12 hours. I believe that "Your Best Triathlon" is a much better book than the classic, "the Triathlete's Training Bible" by the same author. It pretty much explains everything you need to know along with a sample workout plan that you can use... providing you know your zone, etc. I used the book as the foundation for the training plan, then changed a bit here and there as needed. Here are the results: Olympic Triathlon in May (her first open water): 2:59:39 - a bad race...

The title of this book was enough to grab my interest. Respected triathlon coach Joe Friel offers a detailed outline of training plans for different length races for each period of training. Reading it is like having Friel looking over your shoulder as you train. Friel helps you set goals and select races, diagnose what is holding you back and how power works, and understand the importance and planning of seasonal training. Basically this is about Prep, Base, Build and Peak periods before Race week and then Transition. In the base period he explains how we need to build fitness (aerobic capacity, lactate threshold and efficiency) and emphasise duration and getting ready to train hard. Friel offers helpful advice, for example building efficiency in swimming through more frequent short sessions, and in running with hill repeats and drills. The basic abilities to develop in the Base period are Aerobic endurance (through training at low steady long Zone 2 efforts), Force (through repetitions at high intensity) and Speed Skills. These are the broad base of the pyramid to build with volume before building advanced race performance abilities of Muscular endurance, Anaerobic endurance and Power. Of the three, muscular endurance is most important for triathletes and especially long-distance Ironman athletes, and intensity to build this is the focus of the Build period. In the Build period we do workouts more like the event we are training for, including practising holding back early on for ideal pacing and pushing through to bring it home. It is critical to go hard for the hard workouts and easy for easy ones to recover (in Zone 1 and focusing on technique). It is also good to go lighter with gym leg work. For Ironman, the most important focus is aerobic endurance, e.g. zone 2 weekly 2.

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