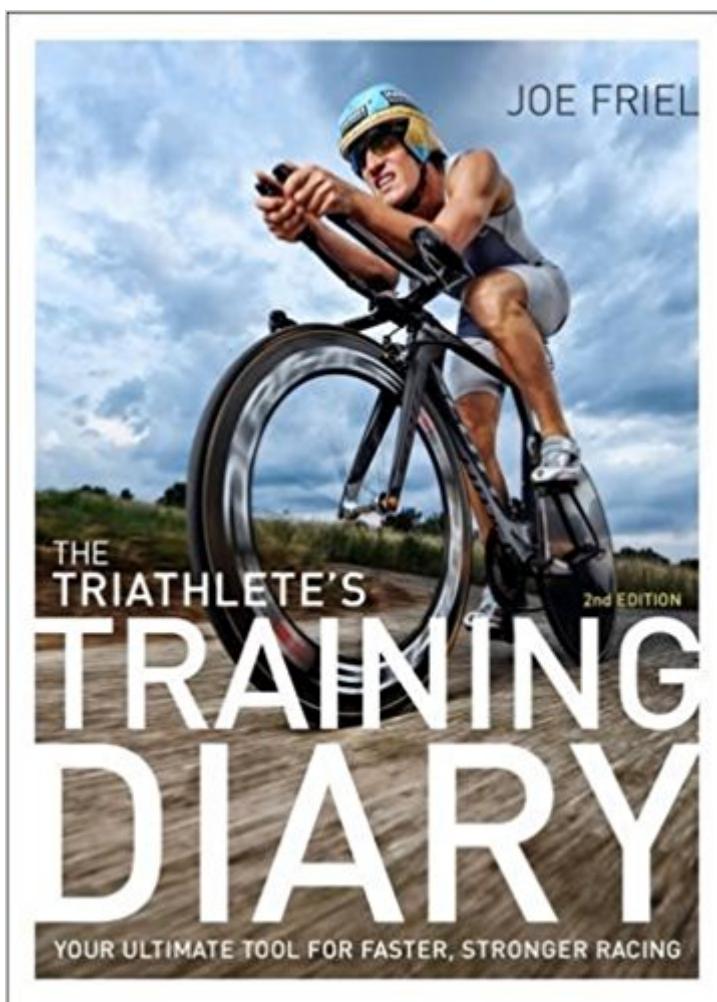


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# The Triathlete's Training Diary: Your Ultimate Tool For Faster, Stronger Racing, 2nd Ed.



## Synopsis

A perfect companion to any triathlon training program, The Triathlete's Training Diary offers an ideal way for you to plan, record, and better understand your workouts and performance. With undated pages for use any time of the year, this diary offers plenty of space for all the objective and subjective performance metrics you might want to track in a smart format that's been carefully designed, tested, and refined by Joe Friel, the top coach in the sport of triathlon. The Triathlete's Training Diary is wirebound to lay flat and flips easily so you can look up past workouts or settle your pre-race nerves by proving to yourself that you've done the work. This paper workout log is simple to use, never requires a login or password, and can be completely customized to meet your needs for any triathlon training schedule. This physical record of your workouts will reveal insights that don't display on an online dashboard. Fully compatible with Joe Friel's best-selling training programs like The Triathlete's Training Bible, Your First Triathlon, Going Long, and Your Best Triathlon, this diary simplifies the planning and execution of your triathlon training. High-performing athletes know that a training diary is an invaluable tool. Whether they work with a coach or train independently, even elite triathletes keep a training log to hone their feel for performance, consolidate training data in one location, track their progress, monitor for injuries and overtraining, and reshape their goals throughout the season. The Triathlete's Training Diary includes:

- Coach Friel's introduction to the essential details of keeping a training log.
- Friel's guide to planning out your season.
- Season goals, Annual training hours, Weekly training hours
- 53 undated weekly spreads.
- Space for every training metric like rest/recovery, weight, workout type, route, distance/time, average heart rate and power, zones, weather, heart rate, RPE, and your custom notes
- Room for two-a-day workouts.
- Weekly Summary charts
- Race Results Summary to log finish times, split times, pre- and post-race nutrition, efforts, and age-group rankings
- Physiological test results such as VO2max and lactate threshold.
- Training Grids to graph the data you choose
- Road and mountain bike measurements with space to note adjustments
- Your favorite routes and best times
- Season results summary
- Race day gear checklist
- What gets measured gets managed. Add The Triathlete's Training Diary to your program and you'll unlock valuable insights that can help you improve in your sport.

## Book Information

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## Customer Reviews

Praise for Coach Joe Friel and *The Triathlete's Training Bible* "Joe Friel is arguably the most experienced personal cycling coach in the U.S." • "Joe Friel is one of the world's foremost experts on endurance sports." • "Joe Friel's wealth of knowledge in triathlon is astounding and he has a wonderful way of sharing that knowledge with all athletes from beginners to elite professionals." Siri Lindley, elite triathlon coach and world champion triathlete "25 years of active multisport coaching has proven that Joe Friel has an unprecedented understanding of endurance sports. As a multiple triathlon world champion, I would consider Joe as one of the leading figures in triathlon coaching today. Joe's professional approach and practical understanding of sports physiology has helped many endurance athletes of all abilities reach their full athletic potential." Simon Lessing, 5-time Triathlon World Champion "The Triathlete's Training Bible is a fantastic guide. You can't go wrong using the advice in this book." Scott "The Terminator" Molina "Joe Friel has spent most of his life in devotion to the understanding and teaching of sport. Joe has managed to focus on the key components to athletic success while weeding out the noise. This book will play a substantial role in helping you take the next step as a triathlete." • Justin Daerr, professional triathlete "As a triathlon coach, 2004 Olympian, and former top-ranked triathlete in the world, I've used *The Triathlete's Training Bible* as one of my key references. Joe Friel's training books have made the once "crazy" sport of triathlon accessible to the public while also guiding seasoned

athletes to their full potential.Ã¢â€•Ã¢â€¢â€¢ Barb Lindquist" The Triathlete's Training Bible combines scientific research with the experience of a top endurance coach to provide the best training resource book available." Ã¢â€¢â€¢ Gale Bernhardt, 2004 Team USA Olympic Triathlon Head CoachÃ¢â€•Ã¢â€¢"The TriathleteÃ¢â€¢â€¢'s Training Bible can help you train for any distance and is most useful to newbies and self-trained athletes who want traditional training advice.Ã¢â€•Ã¢â€¢Ã¢â€¢ Library JournalÃ¢â€•Ã¢â€¢"As an athlete with the unique ability to race multiple Ironman races every season, I have always been trouble for any triathlon coach. To coach myself successfully, I needed a reliable and strong tool. I searched all sources carefully until I found the oneÃ¢â€¢â€¢ The TriathleteÃ¢â€¢â€¢'s Training Bible by Joe Friel. Whatever my problem, there is always a solution in this book. This book makes my understanding of training, racing, and recovering more complete with every page.Ã¢â€•Ã¢â€¢Ã¢â€¢ Petr Vabrousek, professional triathleteÃ¢â€•Ã¢â€¢"The TriathleteÃ¢â€¢â€¢'s Training Bible is an invaluable tool for every triathlete looking to improve.Ã¢â€•Ã¢â€¢Ã¢â€¢ Clas BJORLING, professional triathlete" The Triathlete's Training Bible is a 'must read' for both athletes and coachesÃ¢â€•Ã¢â€¢"It captures the essence of multisport training by outlining both the science and the art of the sport in a detailed, yet practical format. It is one of the most valuable resources I have on my bookshelf." Ã¢â€¢â€¢ Libby Burrell, USA Triathlon National Program DirectorÃ¢â€•Ã¢â€¢"Whether youÃ¢â€¢â€¢ are a beginning triathlete or a seasoned pro, Joe Friel is the leading authority on triathlon training.Ã¢â€•Ã¢â€¢Ã¢â€¢ Ryan Bolton, Ironman winner & 2000 USA Olympic TeamÃ¢â€•Ã¢â€¢"Joe Friel is among the deans of triathlon coaching and the newest edition of The TriathleteÃ¢â€¢â€¢'s Training Bible will be of great benefit to all triathletes interested in performance improvement.Ã¢â€•Ã¢â€¢Ã¢â€¢ George M. Dallam, Ph.D., former USA Triathlon National Teams Coach, co-author of Championship Triathlon TrainingÃ¢â€•Ã¢â€¢"Joe Friel is constantly enhancing his education in the sport. In his books, Joe uses the information of the athletes he personally trains, the coaches who confide in him, and the large amounts of research he digests from triathlon and other endurance sports.Ã¢â€•Ã¢â€¢Ã¢â€¢ Wes Hobson, former USA Triathlon National Team member and U.S. sprint triathlon championÃ¢â€•Ã¢â€¢"In his usual upbeat, reader-friendly style, Joe brings to bear a further understanding of the art and science of triathlon.Ã¢â€•Ã¢â€¢Ã¢â€¢ Steven Jonas, MD, author of Triathloning for Ordinary Mortals and co-author of Championship Triathlon Training"Any author who includes the word bible in the title risks comparison to a very high standard. The original was divinely inspired, after all. Those with some tri experience who lack the time or the budget to hire a coach should find this book just what is needed to improve performance. Do I hear a chorus of hallelujah?" Ã¢â€¢â€¢ IMPACT MagazineÃ¢â€•Ã¢â€¢"Friel has combined scientific and technical information with his considerable

experience as an athlete and coach of novices, elite amateurs and professionals, to create this very useful reference for triathletes of all types. It would be very surprising if you did not find something useful in The Triathlete's Training Bible.  With nearly three decades of coaching experience, Friel explains the science of training in a language you can understand in the newly released third edition of The Triathlete's Training Bible, effectively giving you the tools to become your own coach. 

From the most trusted coach in triathlon comes this next generation workout diary that's designed specifically for triathletes to record and analyze their swim, bike, and run training, diet and nutrition, and recovery.

I've been thinking about buying this for several years and never did. Finally decided to give it a try and like it. This diary provides very good, easy to follow instructions/recommendation on setting goals, planning, tracking, etc. I'm not using it to its full potential, but it is providing me with an organized way to log and track my progress, total miles, etc. I recommend for new or seasoned triathletes.

If you're training for a triathlon, this is a MUST BUY. I have purchased four over the past several years and LOVE tracking my distance, times, nutrition (although I do forget this part most of the time). Most helpful are the "sleep, fatigue, stress, soreness" and "resting heart rate, weight" categories for every day's entry. It helps me understand where my problems were in the workout, recovery, race, etc., and helps me understand when I need to change behaviors, modify food choices, etc. The goal and race pages are particularly helpful, as is the introduction by Joe Friel that helps you best utilize this awesome resource. I'm getting another one for next year--even if I have everything on my Garmin Connect page, I PREFER having it in written form, as well! Tri Harder, Everyone!

I have used this diary for several years now and find it has plenty of writing space to enter all the information I need to keep track of my training. Even if you are not a triathlete, this works great if you do two or more types of workouts. The spiral binding has always lasted the year and makes it easy to fold back the pages while you are entering information. There are also several pages to enter your race results, training grids, race day checklist and the basic information of how to use the

training diary.

I bought this as a gift for a coworker who is just starting to do Triathalon's and she says it has been helpful in her workouts and keeping track of her progress.

Product was exactly as expected and delivered on time

everything are inside - with great relation with the training Bible -Next edition should have 1 week per page for better readability

Excellent way to record training or to preschedule a routine.Room for adding notes is a huge plus.Have bought it for 2 consecutive years so far. And would buy again.

Should work great for logging my workouts.

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