



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

---

By Joe Friel

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.

[DOWNLOAD](#)



[READ ONLINE](#)  
[ 4.07 MB ]

### Reviews

*Complete guide! Its this kind of very good read through. I really could comprehended almost everything out of this written e publication. Your lifestyle span is going to be transform the instant you complete looking over this book.*  
-- **Reilly Keebler IV**

*Absolutely among the finest pdf I have got possibly read. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.*  
-- **Prof. Lois Cormier II**