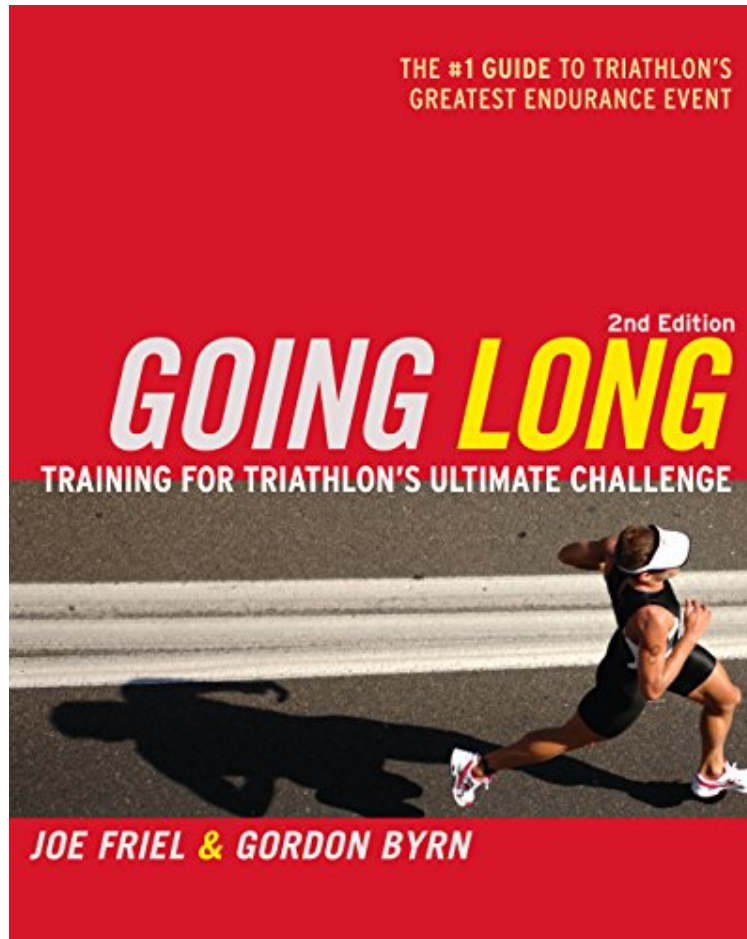


(Free pdf) Going Long: Training for Triathlon's Ultimate Challenge (Ultrafit Multisport Training Series)

Going Long: Training for Triathlon's Ultimate Challenge (Ultrafit Multisport Training Series)

Von Friel Joe

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Von Friel Joe : Going Long: Training for Triathlon's Ultimate Challenge (Ultrafit Multisport Training Series) before purchasing it in order to gage whether or not it would be worth my time, and all praised Going Long: Training for Triathlon's Ultimate Challenge (Ultrafit Multisport Training Series):

KundenrezensionenHilfreichste Kundenrezensionen2 von 2 Kunden fanden die folgende Rezension hilfreich. Sehr gutes Referenzbuch zur IronmanvorbereitungVon Matthias TewordtEin sehr gutes Referenzbuch mit unglaublicher Detailfle speziell fr die Vorbereitung zum Ironman. Hier wird der Athlet durch alle Themen wie Trainingsplanung und Rennvorbereitung durchgefhr und man hat immer wieder den Eindruck, man wrde mit seinem besten Triathlonkumpel Erfahrungen und Einschzungen austauschen. Das Buch ist sehr professionell geschrieben und gibt einem das Gefhl, man hat sich gut vorbereitet.1 von 1 Kunden fanden die folgende Rezension hilfreich. Bibel fr TriathletenVon chriwoleleIch betreibe seit mehr als 20 Jahren Triathlon und habe sicher mehr als 20 Bcher zu diesem

Thema, aber in "Going Long" fand ich endlich den genialen Ratgeber. Wer sich einigermaßen an dieses Buch hält, der muss eigentlich topfit am Start zu einem Ironman stehen. Periodisierung, Trainingsbeispiele, Verletzungen usw.; hier findet der Triathlet wirklich alles !! 5 von 6 Kunden fanden die folgende Rezension hilfreich. best long distance book on the market Von Sebastian Prock I bought going long in order to prepare for IM Switzerland 2005. I was glued to it from the beginning till the end. It covers every aspect of long distance triathlon. Starting with basic knowledge about endurance and metabolism (for me as a biochemist very interesting), it rapidly leads to training plans which can easily be modified for your special needs and it also consists of a chapter named "last week before the ironman". There are also chapters about nutrition, injuries and motivation. In my opinion the best long distance triathlon book on the market. Together with Friel's "the triathlete's training bible" you can do nothing wrong in order to prepare for long distances

Kurzbeschreibung Internationally recognized triathlon coach and best-selling author Joe Friel teams up with ultra-endurance guru Gordon Byrn in *Going Long*, the most comprehensive guide to racing long-course and Ironman-distance triathlons. Combining science with personal experience, Friel and Byrn prepare anyone, from the working age-grouper to the podium contender, for success in triathlon's ultimate endurance event. Whether you are preparing for your first long-course triathlon or your fastest, *Going Long* will make every hour of training count. 40 sport-specific drills to improve technique and efficiency Updates to mental training Key training sessions, workout examples, and strength-building exercises A simple approach to balancing training, work, and family obligations A new chapter on active recovery, injury prevention and treatment *Going Long* is the best-selling book on Ironman training. Friel and Byrn guide the novice, intermediate, and elite triathlete, making it the most comprehensive and nuanced plan for Ironman training ever written. *Going Long* is the best resource to break through an Ironman performance plateau to find season after season of long-course race improvements. **Pressestimmen** "An in-depth guide to succeeding at Iron-distance triathlon. Ideal for anyone looking to life his or her game to the next level." -- "Triathlete" magazine "Going Long" is a valuable read for any triathlete, not just those aiming for an Ironman(R). This is a great resource for a large audience." -- "Triathlon Magazine Canada" "Going Long" targets triathletes of varying ability and Ironman(R) aspirations. If you have one shot at the Ironman and training time is at a premium, then 22 pages on strength training may not be for you. However, the 21 pages on nutrition could determine your Ironman destiny." -- "IMPACT" magazine "Gordo and Joe have a unique way of helping the long-distance athlete to recognize what's important in fitting these events into one's life... In our age of information overload they give the self-coached athletes all the tools they need to succeed." -- Scott Molina, coach and former professional 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 "Whether you're a beginning triathlete or a seasoned pro, Joe Friel is the leading authority on triathlon training." -- Ryan Bolton, member of the 2000 U.S. Olympic Triathlon Team "In "Going Long", Gordo Byrn and Joe Friel have combined their talents to provide a meaningful training resource for Ironman-distance racing." -- George M. Dallam, Ph.D., former USA Triathlon National Teams Coach, co-author of "Championship Triathlon Training" "An in-depth guide to succeeding at Iron-distance triathlon. Ideal for anyone looking to life his or her game to the next level. "Triathlete" magazine "Going Long" is a valuable read for any triathlete, not just those aiming for an Ironman(r). This is a great resource for a large audience." 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