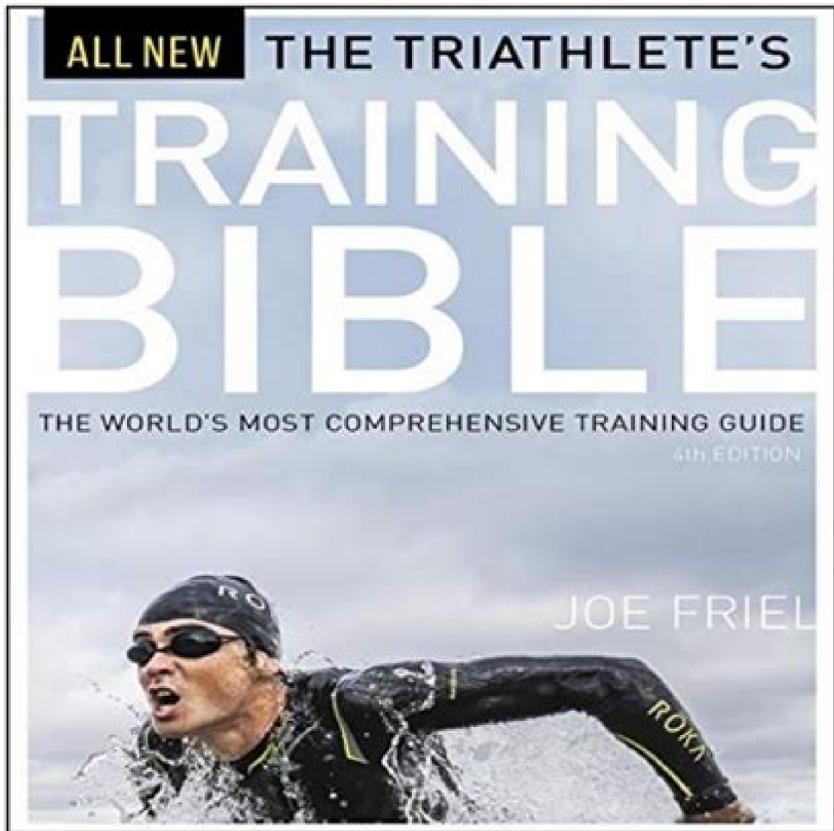
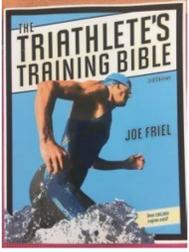
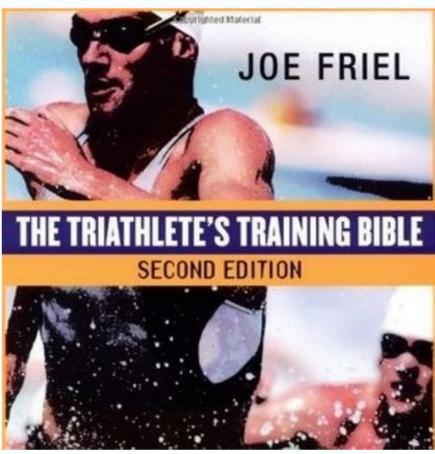
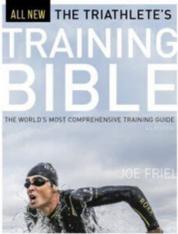
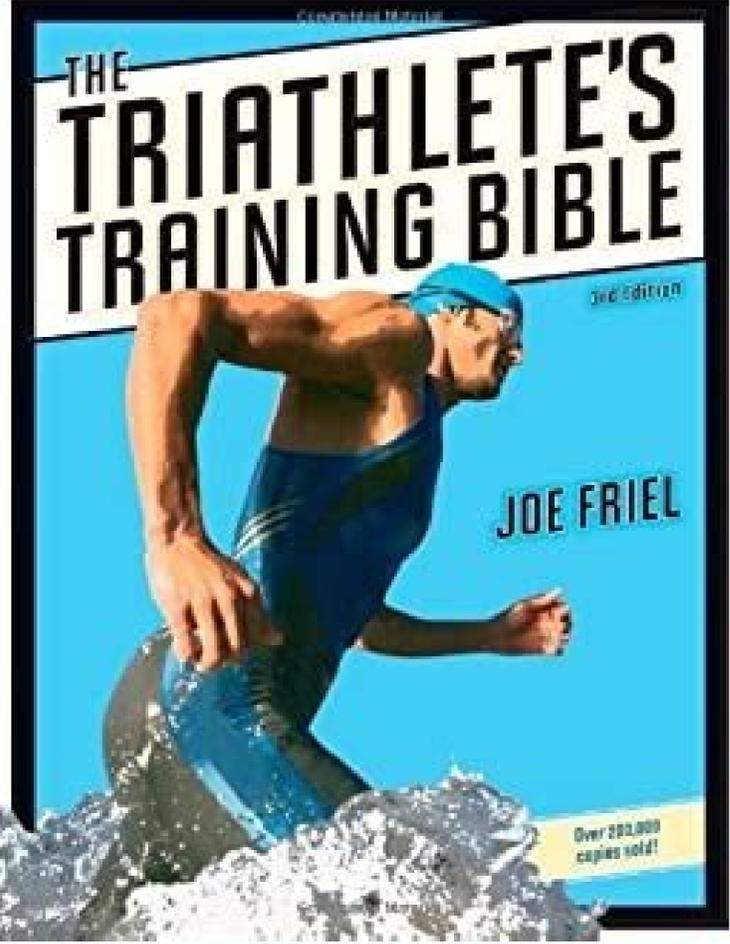


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"As a triathlon coach, 2004 Olympian, and former top-ranked triathlete in the world, I've used The Triathlete's Training Bible as one of my key references. Pages: 352 Sales rank: 122,716 Product dimensions: 8.40(w) x 10.90(h) x 0.90(d) Preface Acknowledgments PART 1: MIND AND BODY Chapter 1 Mental Fitness: Dreams, Goals, Missions | Training Your Head Chapter 2 Physical Fitness: Your Triathlon Potential | Philosophy of Training | Purposeful Training | Training Technology PART 2: TRAINING FUNDAMENTALS Chapter 3 Basic Training Concepts: Training Principles | Frequency, Duration, and Intensity | Volume | Dose and Density | Training Load | Supercompensation | Fitness, Fatigue, and Form Chapter 4 Training Intensity: Measuring Intensity | Intensity Reference Points | Setting Training Zones | Intensity Distribution PART 3: PURPOSEFUL TRAINING Chapter 5 Getting Started: Dreams, Goals, Objectives, and Purposes | Assessment | Training Preparation Chapter 6 Building Fitness: What Is Fitness? The science and sport of triathlon have changed much since the previous edition released. ISBN-13: 9781937715441 Publisher: VeloPress Publication date: 11/15/2016 Series: Training Bible Edition description: 4th ed. 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
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