



# **The Triathlete's Training Bible: A Complete Training Guide for the Competitive Multisport Athlete**

*Joe Friel*

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## **The Triathlete's Training Bible: A Complete Training Guide for the Competitive Multisport Athlete**

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This intensive guide covers the specialized training needs of triathletes, who must stretch, strengthen, and tone the muscles used in three different sports. It includes the latest research on nutrition; covers racing, rest, and recovery; and outlines the best techniques for increasing endurance without overtraining. Appendices include training-plan worksheets and suggested workouts.

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