

# GOING LONG : TRAINING FOR TRIATHLONS ULTIMATE CHALLENGE Pdf Free Download

Going Long Quotes. New Book: Become A Triathlete On 5 Hours A Week. Going Long: Training for Triathlon's Ultimate Challenge (Ultrafit Multisport Training Series).



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Joe Friel  
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## **Going Long: Training for Ironman-Distance Triathlons - Joe Friel, Gordon Byrn - Google Books**

**Understanding Fitness. Training Overview. Training for the Swim. Training for the Bike. Training for the. Training the Mind. Recovery and Wellness. Peaking for Your Ironman. Testing and Warmup Protocols. Swimming Glossary. Strength Training. The Fourth Discipline. References and Recommended Reading. In addition, proven key workouts for each sport and a complete strength training program will help you build the muscular endurance that is critical to Ironman success. Time commitment, burnout, and injury are realities that every athlete must face in Ironman prep. Friel and Byrn offer a simplified approach for working triathletes to help them balance their training time with other obligations.**

**Also new to the second edition is a chapter on wellness and recovery from Dr. Jeff Shilt with invaluable information on monitoring and maintaining your health during the rigors of training. This new advice includes plentiful details on common aches and pains and will help you target nagging overuse injuries with an active recovery strategy to speed rehabilitation. Going Long has long been the best-selling book on the subject of training for the Ironman. Going Long has long been the best-selling book on the subject of training for the Ironman. With expanded content and a new, two-color format, this second edition is sure to reaffirm its reputation as the premier sourcebook among triathletes who are serious about succeeding in the Ironman-distance. His clients include professional and amateur triathletes, duathletes, road cyclists and mountain bikers.**

**One of the best-known ultra-endurance athletes in the world, he has raced Ironman competitions in Hawaii, Australia, Canada and New Zealand.**

**New Book: Become A Triathlete On 5 Hours A Week – Triathlete**

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**Since the publication of the first edition of Going Long, registration numbers for Ironman-distance races have soared. This new second edition embraces this growing group of triathletes who are juggling training, family time and full-time jobs. Sport-specific chapters outline the stages of development for each of the three disciplines of triathlon and describe drills to improve form and efficiency. A newly expanded section on training the mind explores the all-important psychological aspects of racing, including goal-setting and visualization. A detailed appendix includes key training sessions, workout examples, and strength training progressions.**

**Going Long has long been the best-selling book on the subject of training for the Ironman.**

**Going Long: Training for Triathlon's Ultimate Challenge a book by Joe Friel i Gordon Byrn.**

**George M. Description Internationally recognized coach and best-selling author Joe Friel teams up with ultra-endurance guru Gordon Byrn in this second edition of "Going Long," the most comprehensive guide to racing Ironman r distance triathlons ever**

written. Combining science with personal experience, Friel and Byrn prepare every triathlete, from the working age-grouper to the podium contender, for success in triathlon's ultimate endurance event.

Whether you are preparing for your first Ironman or your fastest, "Going Long" will make every hour of training count. Inside this groundbreaking second edition from best-selling authors Joe Friel and Gordon Byrn you will find more than 40 sport-specific drills to improve your technique, making you more efficient at swimming, cycling, and running. Sport-specific chapters outline the stages of development for each of the three disciplines of triathlon and describe drills to improve form and efficiency. A newly expanded section on training the mind explores the all-important psychological aspects of racing, including goal-setting and visualization. A detailed appendix includes key training sessions, workout examples, and strength training progressions.

In addition, proven key workouts for each sport and a complete strength training program will help you build the muscular endurance that is critical to Ironman success. Time commitment, burnout, and injury are realities that every athlete must face in Ironman prep. Friel and Byrn offer a simplified approach for working triathletes to help them balance their training time with other obligations. Also new to the second edition is a chapter on wellness and recovery from Dr. Jeff Shilt with invaluable information on monitoring and maintaining your health during the rigors of training. This new advice includes plentiful details on common aches and pains and will help you target nagging overuse injuries with an active recovery strategy to speed rehabilitation.

Now this completely revised new edition, Friel and Byrn directly advise the novice, intermediate, and elite triathlete, making it the most comprehensive and nuanced guide to Ironman training ever written. Product Details Price. Earn money by sharing your favorite books through our Affiliate program. Become an affiliate. One of the best-known ultra-endurance athletes in the world, he has raced Ironman competitions in Hawaii, Australia, Canada and New Zealand.

Refresh and try again. See a Problem? Details if other :. Thanks for telling us about the problem. Return to Book Page. Preview—Going Long by Joe Friel. Going Long Quotes Showing of 6. Sleep is a natural performance enhancer, and a lack of it is probably the single greatest challenge facing most working athletes. The power on uphill must be restricted by gearing down and keeping your power output below your functional threshold power FTP or even lower on longer climbs. The typical newcomer to Ironman-distance racing pushes far too hard on hills, especially early in the race, and pays the price later as high fatigue sets in. Novices tend to have their highest watts at the base of a climb.