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Going Long: Training for Triathlon s Ultimate Challenge (Paperback)

By Joe Friel, Gordon Byrn

VELOPRESS, United States, 2009. Paperback. Condition: New. 2nd edition. Language: English . Brand New Book. Internationally recognised coach and best-selling author Joe Friel teams up with ultra-endurance guru Gordon Byrn in this second edition of the most comprehensive guide to racing Ironman-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. Since the publication of the first edition of Going Long , registration numbers for Ironman-distance races have soared. Every year, tens of thousands of additional triathletes commit to the sport s greatest challenge. 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 visualisation. 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. With expanded content and a...



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