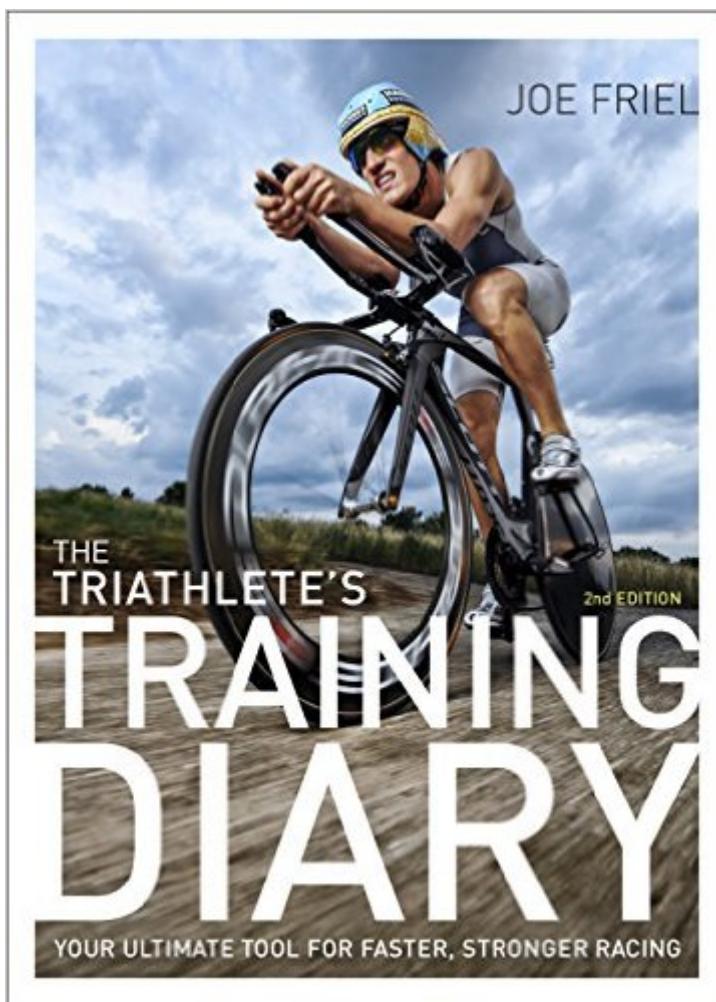


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# The Triathlete's Training Diary: Your Ultimate Tool For Faster, Stronger Racing, 2nd Ed.



## Synopsis

A perfect companion to any triathlon training program, The Triathleteâ™s Training Diary offers an ideal way for you to plan, record, and better understand your workouts and performance. With undated pages for use any time of the year, this diary offers plenty of space for all the objective and subjective performance metrics you might want to track in a smart format thatâ™s been carefully designed, tested, and refined by Joe Friel, the top coach in the sport of triathlon. The Triathleteâ™s Training Diary is wirebound to lay flat and flips easily so you can look up past workouts or settle your pre-race nerves by proving to yourself that youâ™ve done the work. This paper workout log is simple to use, never requires a login or password, and can be completely customized to meet your needs for any triathlon training schedule. Fully compatible with Joe Frielâ™s best-selling training programs like The Triathleteâ™s Training Bible, Your First Triathlon, Going Long, and Your Best Triathlon, this diary simplifies the planning and execution of your triathlon training. High-performing athletes know that a training diary is an invaluable tool. Whether they work with a coach or train independently, even elite triathletes keep a training log to hone their feel for performance, consolidate training data in one location, track their progress, monitor for injuries and overtraining, and reshape their goals throughout the season. The Triathleteâ™s Training Diary includes:

Coach Frielâ™s introduction to the essential details of keeping a training log. Frielâ™s guide to planning out your season. Season goals, Annual training hours, Weekly training hours

53 undated weekly spreads. Space for every training metric like rest/recovery, weight, workout type, route, distance/time, average heart rate and power, zones, weather, heart rate, RPE, and your custom notes

Room for two-a-day workouts. Weekly Summary charts Race Results Summary to log finish times, split times, pre- and post-race nutrition, efforts, and age-group rankings

Physiological test results such as VO2max and lactate threshold. Training Grids to graph the data you choose

Road and mountain bike measurements with space to note adjustments

Your favorite routes and best times

Season results summary

Race day gear checklist

What gets measured gets managed. Add The Triathleteâ™s Training Diary to your program and youâ™ll unlock valuable insights that can help you improve in your sport.

## Book Information

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