

## [YOUR FIRST TRIATHLON JOE FRIEL](#)



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There are several training plans for your first Sprint distance Triathlon (750m swim/20km bike/5km run) including plans for those that are already swimmers, bikers, or runners. Friel also walks you through your first race, even explaining how to lay out your T1 (transition 1, swim to bike) and T2 (bike to run) areas.

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### **Your First Triathlon by Joe Friel 9781931382854**

Your First Triathlon is the best-selling book for beginner triathletes because it makes preparing for sprint triathlons fun and easy. This clear and comprehensive book prepares aspiring triathletes for the challenge of their first tri through a simple, 12-week training plan that requires fewer than 4 hours a week.

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### **Your First Triathlon Joe Friel Trade Paperback**

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### **Your First Triathlon Experience Life**

What you need to know about how to prepare for your first sprint triathlon from the sport's most respected expert. Editor's Note: Joe Friel has trained endurance athletes from novices to Olympians since 1980. He holds a master's degree in exercise science, is a USA Triathlon and USA Cycling Elite-level coach.

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### **Spirit of the Master Your First Triathlon by Joe Friel**

Your First Triathlon by Joe Friel With my first triathlon 4 weeks away, needless to say I am a little nervous! A few weeks ago when I decided I wanted to train for and participate in triathlons, I had just completed my second marathon.

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### **Joe Friel Duration and Intensity in Training**

Joe Friel's Blog is for the serious endurance athlete who wants to stay current on the science and art of training

for sport. Here you will find Joe Friel's thoughts and ideas before they are published anywhere else. I just finished reading your "Your first triathlon" and have a very simple question regarding the bike training.

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