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# Your First Triathlon, 2nd Ed.: Race-Ready In 5 Hours A Week



## Synopsis

Joe Friel is the world's most trusted triathlon coach and his friendly guide, *Your First Triathlon*, will get you ready for your first sprint or Olympic triathlon feeling strong, confident, and ready for the challenge. Friel has helped hundreds of thousands of people to enjoy the challenges of triathlon with his clear and comprehensive TrainingBible method. *Your First Triathlon* simplifies all the principles of Friel's training approach for newcomers who want a simple, no-nonsense way to train for triathlon. The practical triathlon training plans in *Your First Triathlon* take fewer than 5 hours a week and will build the fitness and confidence you need to enjoy your first event. *Your First Triathlon* offers a 12-week training plan for total beginners as well as custom plans for athletes who have some experience in running, cycling, or swimming. Each triathlon training schedule includes realistic swimming, biking, and running workouts with options to add strength workouts. These simple plans will build anyone into a triathlete. Friel simplifies your triathlon race day with smart tips to navigate your race packet pickup, set up your transition area, fuel for your race, finish your swim without stress or fear, and ensure your race goes smoothly from the moment you wake up until you cross the finish line. Triathlon is a fun and challenging sport that can help you get fit, healthy, and feeling great. *Your First Triathlon* will help you get off to a great start in the swim-bike-run sport.

## Book Information

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## Customer Reviews

I bought a couple books in preparation for my first triathlon. This book was without a doubt the best. I mainly wanted some information on how to train properly and its all in here. There discussion of what gear to get and it is classified by "must have" and "nice to have". There are training plans for sprint and olympic distances and also training plans that cater to your strengths if you come from a swim, bike, or run background. There was a noticeable difference in progress after I switched to Joe Friel's training program. The goal of the book is that you finish your first triathlon with a smile on your face when you cross the finish line. If you read the book and follow the instructions you definitely will.

With this book I successfully did my first triathlon with a huge smile across my face! I was recommended this book by a professional triathlete. The training is straight forward and easy to follow. He goes into a lot of detail about all aspects of the sport. It prepared me mentally and physically for my race. I couldn't have asked for a better first triathlon experience. Be consistent with training and you'll do great.

I am very please with this purchase. The book is written by one of the foremost triathlon coaches and really caters to first time triathletes with concise easy to understand writing and plans to get you ready for your first endeavor into triathlons. Having been a coach in an unrelated sport for many years I appreciated the excellent advice and coaching style of Joe Friel. I was recovering from a serious surgery and decided I would train for a triathlon to amp up my rehab and recovery. This book was the perfect book to get me on track. If you are considering training for your first triathlon this is a must read!

I bought 6 triathlon books. This and Slow Fat Triathlete are my favorites. An easy ready and most helpful! I was scared and finished with a smile on my face!

if you have never really run, biked or swam before i think you will find this book of value. The title should be "beginners guide to running, biking and swimming in preparation for your first triathlon".

Not 100% sure what I expected out of this book, but I do like it. It somehow seemed to be both

too-specific and too-broad, to me. The training plans are great, but I sure wish it came with a download code or something to access these plans and add them to TrainingPeaks, or something similar... Even an excel doc or something would be nice... Guess I'll just have to do it myself.... Anyway, not a bad pickup if you're a little nervous about your first tri - mine's coming up in August!

The book is an excellent, clear overview of training for a sprint or Olympic distance triathlon for newbies. It had a good balance of motivational wisdom and practical training advice including exercises and a schedule. His writing style is readable and well organized. As a quick introductory book (as billed), I would give it 5 stars. After having read it, I'm looking for a new book to delve a little deeper.

I don't know Joe but this guy is awesome!!! Just reading this book, inspired me to keep training and push myself. I've lost 25 lbs and am inspired to complete my first triathlon in March. Recently bought the Paleo diet book co-authored by Joe and so far it's great as well... But I'll give a review when I finish it. Anyway, this book has great info and some workouts to get you started on your way to getting through your first triathlon. Get inspired, I did!!!

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