

**YOUR FIRST TRIATHLON, 2ND ED.: RACE-READY IN
5 HOURS A WEEK**

Louise Laurence Tobey

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Your First Triathlon, 2nd Ed.

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Race-Ready in 5 Hours a Week Joe Friel If you hope to complete a longer triathlon on your first attempt, I advise you to reconsider. I've noticed that it's not.

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He has also been active in business as the founder of Ultrafit, an association of coaching businesses; TrainingPeaks, a web-based software company; and TrainingBible Coaching. Uh-oh, it looks like your Internet Explorer is out of date. Joe Friel's practical training plan takes fewer than 5 hours a week, giving aspiring triathletes the confidence and fitness to enjoy their first race. SitemapIndex. Triathlon is a fun and challenging sport that can help you get fit, healthy, and feeling great. At Kobo, we try to ensure that published reviews do not contain rude or profane language, spoilers, or any of our reviewer's personal information. SimplylinkyourQantasFrequentFlyermembershipnumbertoyourBooktopiaa Ironman World Championship was the greatest race ever in endurance sports.