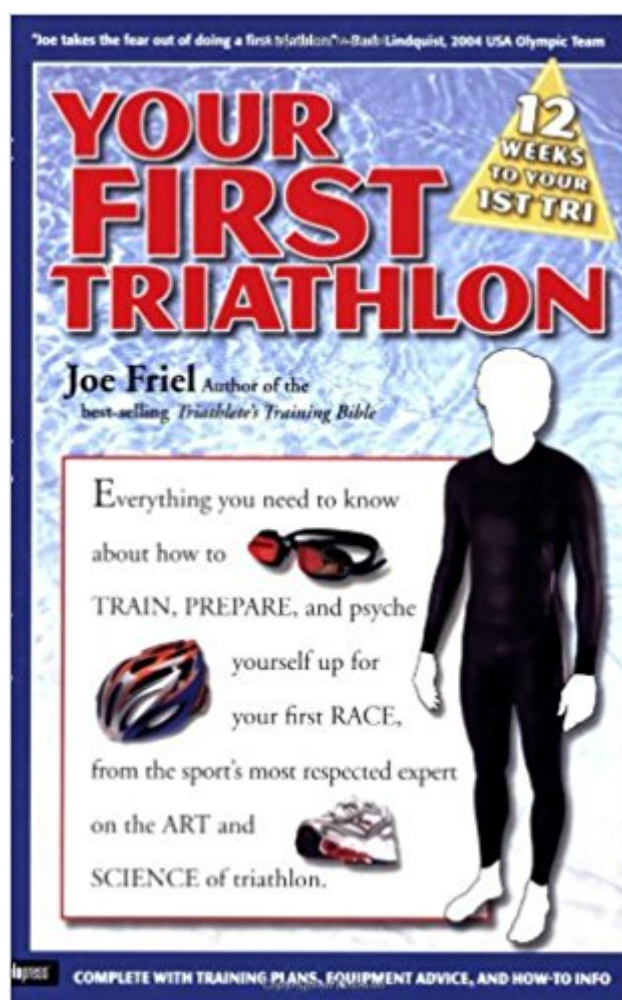


The book was found

# Your First Triathlon



## Synopsis

Every year thousands of people decide to take on a sprint triathlon for the first time. Now USA Triathlon and USA Cycling certified coach Joe Friel provides a complete guide to finishing that first triathlon. The same principles and training methodology that the pros and committed triathletes rely on are presented here in language that a beginner can easily understand. Friel maps a course to prepare for a sprint-distance triathlon in 12 weeks, with five hours of training each week, plenty of rest, and the beginnings of a lifestyle marked by a commitment to health and fitness and personal growth. Your First Triathlon provides the training plans, workouts, checklists, and instruction that first-timers need. Joe Friel is known for his thorough approach and with his help, what may have begun as a challenge to complete a sprint triathlon will grow into a love for this demanding yet rewarding sport.

## Book Information

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## Customer Reviews

I did my first triathlon (sprint distance) in September after three months training, and I was lucky enough to have found this book towards the beginning of my training. Needless to say I am hooked and can't wait to do another one!!! The book did an amazing job of preparing me by arming me with the information I needed to train properly, learn new sports (I had never biked or swam seriously before), eat right, and avoid injury, and yet avoided getting too "hard core" (when you do your first triathlon you keep wondering whether or not you're crazy). Joe keeps it manageable. There is a scary overwhelmed feeling you can get when you start reading about some of the crazy training schedules and techniques out there -- and he really clears through all that and gets to the essentials

you need to know to make it through your training and cross the finish line. For example, his race day prep chapter really helped me visualize what to expect on the big day. Also, I really liked his approach to gear -- you can really get sucked into buying a bunch of stuff -- and he emphasizes ways to work with stuff you already have (ex: your old mountain bike) until you're more experienced and can better select the right gear to invest in. Overall, I really liked his fun-first emphasis, while providing what is clearly well-researched and high quality information. Two thumbs up!

I was a little hesitant to buy this book after reading some of the reviews saying it was "too basic." I found it very helpful, esp the nutritional info. The training plan seems a little unrealistic -- its a 12 week plan that starts out with only 15 minute workouts. All in all, the book included a lot of valuable information that has helped me progress in my training for my first tri, but I wouldn't follow it word for word.

More than any other peice of equipment, this book definitely gave me what I needed to get to the starting line. It gave me the confidence that I would need to finish my first tri. The book was definitely for me, the person who really doesn't know much about how to even start my training. The drills were helpful and the training calendar worked well to get me to my goal. But, it is not without it's flaws. As already mentioned in other reviews, swimming is not covered enough to really help you out. My only real struggle was in the swim and his lack emphasis may have led to some over confidence from the attitude her presents. Also, the simplistic way it covered the training regimine was not helpful; I never understood why the drills I was doing were going to help.

I guess if you had no access to the internet or a library this book would be good for you. You won't learn any eye-opening tips or tricks from it, and the training plan is geared toward someone who is basically a couch potato attempting a sprint tri. If that's you, go for it, otherwise, save your money and just google 'beginner triathlete' for plenty of websites and forums that offer the same information.

I found this book a valuable help for who is new to Triathlon and also for starting from scratch both running and cycling (NOT for swimming). Maybe too much emphasis on nutrition, but averall it's a very practical and usful book. Good value for your money.

This is not the "athlete's bible" and this is not the resource for Ironman. Therefore the author

accomplished his mission : to provide the newbies with the most information available to begin a new life as triathlete. Pay attention i said a new life, that's it. It's not a list of training plans or a generic line to follow, it's the first step to change your life with fun. Really recommended.

I read several books while preparing for my first sprint triathlon. This book and "Slow Fat Triathlete" were my two favorites. Neither is too technical, but full of helpful "newbie" info.

I have been hemming and hawing about whether or not I could finish a triathlon for several years now. I've completed many half marathons, a marathon, and various other running events, but for some reason a TRIATHLON sounded like something scary and completely unattainable. My own fears of failure/inadequacy kept me from even thinking about participating in a tri. I bought this book several years ago and have finally dusted it off from the bookshelf and signed up for a sprint tri! In addition to reading this book, I joined a triathlon training group and feel like having both tools at my disposal has boosted my confidence about my ability to PROPERLY train, prepare for, and complete a sprint triathlon. As I started my first few swim, bike, and run training sessions- I began reading Your First Triathlon. This book is terrific for beginners! There are so many tips that you get prior to your first race that you might not have figured out until it was too late on race day. Some examples- how to lay out all of your gear at the transition stations and what to wear/or not to wear for the different sports. This book has a 360 degree view of what you'll need leading up to race day including nutritional advice, training logs, tips for each individual sport, and lots of motivation! I'm totally confident that after reading this book and getting my training in, I will be completely prepared for my first sprint triathlon this summer!

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