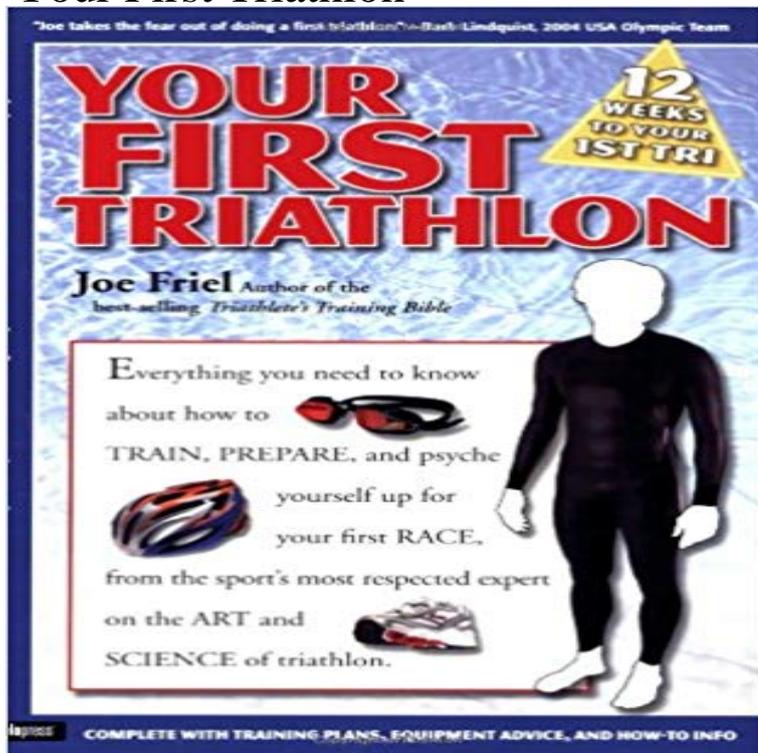


Your First Triathlon



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.

Joe Friel is the worlds most trusted triathlon coach and his friendly guide, Your First Triathlon, will get you ready for your first sprint or Olympic triathlon feelingHave a look at the distances of the various events and choose one you feel comfortable with. For your first triathlon, explore the various novice or enticer events9 Tips for First Time Triathelets Liv Cycling is the first cycling brand that focuses on the needs of women cyclists. You just decided to sign up for your first triathlon. Congratulations! Maybe you wanted to challenge yourself with a combination of swimming,<https://triathlon//13-tips-for-sprint-triathlon-rookies?>What you need to know about how to prepare for your first sprint triathlon from the sports The following article is adapted from Friels book, Your First TriathlonNutrition is the fourth leg of a triathlon. Here are some fueling and hydration tips for your first race. Tackle your first triathlon with the confidence of a pro. Heres everything that you need to know to cross that finish line.Learn how to train for your first sprint triathlon. Get cross-training exercises and advice for the swimming, biking and running stages.Triathlon isnt a cheap sport, but you dont have to spend a fortune to finish your first race. Heres a quick guide to what to save on--and what to splurge Your first triathlon may almost be here, but how do you make sure everything goes smoothly and conquer the nerves? Heres 38 tips to see you An official sprint distance triathlon consists of a 750-meter swim, a 20-kilometer bike ride and a 5K run, although local races sometimes offer