



Going Long: Training for Triathlon's Ultimate Challenge (Ultrafit Multisport Training Series)

Friel Joe

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Internationally recognized triathlon coach and best-selling author Joe Friel teams up with ultra-endurance guru Gordon Byrn in *Going Long*, the most comprehensive guide to racing long-course and Ironman-distance triathlons. Combining science with personal experience, Friel and Byrn prepare anyone, from the working age-grouper to the podium contender, for success in triathlon's ultimate endurance event.

Whether you are preparing for your first long-course triathlon or your fastest, *Going Long* will make every hour of training count.

- 40 sport-specific drills to improve technique and efficiency
- Updates to mental training
- Key training sessions, workout examples, and strength-building exercises
- A simple approach to balancing training, work, and family obligations
- A new chapter on active recovery, injury prevention and treatment

Going Long is the best-selling book on Ironman training. Friel and Byrn guide the novice, intermediate, and elite triathlete, making it the most comprehensive and nuanced plan for Ironman training ever written. *Going Long* is the best resource to break through an Ironman performance plateau to find season after season of long-course race improvements.

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Richard Nix:

Reading can called mind hangout, why? Because when you are reading a book particularly book entitled Going Long: Training for Triathlon's Ultimate Challenge (Ultrafit Multisport Training Series) your brain will drift away trough every dimension, wandering in every single aspect that maybe unknown for but surely might be your mind friends. Imaging each word written in a publication then become one web form conclusion and explanation in which maybe you never get prior to. The Going Long: Training for Triathlon's Ultimate Challenge (Ultrafit Multisport Training Series) giving you a different experience more than blown away your thoughts but also giving you useful info for your better life on this era. So now let us demonstrate the relaxing pattern at this point is your body and mind will likely be pleased when you are finished examining it, like winning an activity. Do you want to try this extraordinary spending spare time activity?

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