

# Going Long

**Training  
for  
Ironman-  
Distance  
Triathlons**

**Joe Friel  
Gordon Byrn**



**THE  
ULTRAFIT  
MULTISPORT  
TRAINING  
SERIES**



# Going Long Training For Ironmandistance Triathlons

**Joe Friel, Gordon Byrn**



## **Going Long Training For Ironmandistance Triathlons:**

**Going Long** Joe Friel,Byrn,2013-09-13 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

**Going Long** Joe Friel,Gordon Byrn,2009-02-10 Presents drills workouts and a strength training program to improve techniques and build endurance to compete in an ironman triathlon      **The Triathlete's Training Bible** Joe Friel,2012-11-27 *The Triathlete s Training Bible* is the bestselling and most comprehensive reference available to triathletes Based on Joe Friel s proven science based methodology and his 28 years of coaching experience *The Triathlete s Training Bible* has equipped hundreds of thousands of triathletes for success in the sport *The Triathlete s Training Bible* equips triathletes of all abilities with every detail they must consider when planning a season lining up a week of workouts or preparing for race day With this new edition you will develop your own personalized training plan and learn how to improve economy in swimming cycling and running balance intensity and volume gain maximum fitness through smart recovery make up for missed workouts and avoid overtraining adapt your training plan based on your progress build muscular endurance with a new approach to strength training improve body composition with smarter nutrition *The Triathlete s Training Bible* is the best selling book on tri training ever published Get stronger smarter and faster with this newest version of the bible of the sport

**Going Long** Joe Friel,Gordon Byrn,2003 Ironman Distance triathletes can get the maximum physical and mental benefit from training using this guide Includes sample training plans and case studies along with information on training specifics for swim bike and marathon Photos Charts Tables      *Triathlon the Ultimate Sport* Lisa Hill,Brooke Hill,2018-03-02 *Triathlon the Ultimate Sport* is the ultimate guide to taking your triathlon goals to the next level This book is written and formatted to be easy to read and apply the information presented Whether you are just starting out or finishing your tenth triathlon *Triathlon the Ultimate Sport* has something for everyone In depth training plans for all levels beginner intermediate and advanced A 24 week Ironman distance training program and scores of thoughts tips and tricks to make your training the best it can be So put on your swim goggles grease up your bike gears and lace up those running shoes and

get started     The Complete Guide to Triathlon Training Hermann Aschwer,2001 In The Complete Guide to Triathlon Training H Aschwer shares with you his vast knowledge and experience of the sport The book addresses all aspects of preparing for and competing in traditions from basic training principles to mental preparation equipment and facial tips It also includes Aschwer s highly detailed 5 stage programme of training schedules which will take you from novice competitions light up the Hawailan Ironman     **Ironman Organizer** Ingrid Loos Miller,2009-02 Do you want to start training for your first Ironman race but keep getting distracted and confused by the little details Have you become an Ironman but want to improve your training efficiency Or are you an Ironman returning from a break and just want to get back into the swing of things quickly and simply Ironplanner is the perfect book for you Packed with worksheets and checklist that will help you organize every aspect of your race preparation from the day you start training to the day you stand at the start line it allows you to spend your valuable non training time recovering being with your family and doing the things you love This volume also includes expert hints and tips to help you keep track of elements crucial to Ironman success such as fuelling strategies and confidence building     **Your Best Triathlon** Joe Friel,2014-03-12 Your Best Triathlon is a master plan that will guide experienced triathletes through every week of their season For each phase of training Joe lays out the path to success outlining clear objectives and the guidelines to meet them Joe Friel s highly refined training plans for sprint Olympic half Ironman and Ironman race distances will help serious triathletes deliver a breakout performance even those with countless races under their belt Joe offers a tool kit of proven workouts that will isolate and develop specific abilities Within each workout and plan he offers easy modifications to better manage personal limiters and improve performance Hundreds of thousands of triathletes have relied on Joe Friel and his groundbreaking best seller The Triathlete s Training Bible to develop their own self coached training programs Now Joe Friel the most experienced coach in triathlon reveals his formula for advanced training and coaches triathletes to their best race ever     **Extreme Marriage** Terry Owens,2011-08-17 Prepare For The Most Extreme Adventure of All How s this for a challenge With a teammate you ve just met skydive from a plane kayak a river of Class IV rapids no life jackets allowed and then climb the sheer face of a canyon wall Keep that up for thirty years or so with your teammate and you get just a hint of life s most extreme adventure marriage From the adrenaline rush of the honeymoon through the obstacles of growing old together success and enjoyment in marriage depend on your ability to learn new skills take big risks endure tough times and embrace the extreme life giving power of a lasting marriage Extreme Marriage looks at the ultimate commitment between a man and a woman through the exciting lens of extreme sports Author Terry Owens explores outdoor challenges like skydiving caving high altitude climbing and more linking their lessons to the challenges of married life Forget the old saying about marrying and settling down This book is the high energy guide for the intense adventure of husband and wife     **The Woman Triathlete** Christina Gandolfo,2005 An Australian training manual for triathletes Biomechanics of swimming cycling and running Fuelling your

body Physiological considerations in training      **Start to Finish** Paul Huddle,Roch Frey,T. J. Murphy,2004 Okay you ve finished your first short distance triathlon Now it s time to up the ante and go further and faster This guide includes longer workouts balancing work family and training adding speed work recovery and the mental game which are all important to reach the half Ironman distance      **Triathlon - Lifelong Training** Henry Ash,Barbara Warren,2004 This text provides clear and realistic training plans for all performance levels It includes programs for swimming cycling and running      **13**

**Training Schedules for Triathlons** Carlos Civit,2011-03 This book contains 13 detailed training day by day schedules that different triathletes trained by coach Carlos Civit followed during the last 8 to 12 weeks prior to a triathlon race achieving the distances of Ironman distance in sub 9h in 10h in 11h or just to finish Half Ironman distance in 4h 15 in 5h or just to finish Olympic distance in sub 2h in 2h 30 just to finish or Sprint distance in sub 1h in 1h just to finish In this book you will also find valuable information about subjects like factors for success foundation of the base training heart rate monitors injuries and nutrition etc      **American History through American Sports** Bob Batchelor,Danielle Sarver Coombs,2012-12-18 Filled with insightful analysis and compelling arguments this book considers the influence of sports on popular culture and spotlights the fascinating ways in which sports culture and American culture intersect This collection blends historical and popular culture perspectives in its analysis of the development of sports and sports figures throughout American history American History through American Sports From Colonial Lacrosse to Extreme Sports is unique in that it focuses on how each sport has transformed and influenced society at large demonstrating how sports and popular culture are intrinsically entwined and the ways they both reflect larger societal transformations The essays in the book are wide ranging covering topics of interest for sports fans who enjoy the NFL and NASCAR as well as those who like tennis and watching the Olympics Many topics feature information about specific sports icons and favorite heroes Additionally many of the topics treatments prompt engagement by purposely challenging the reader to either agree or disagree with the author s analysis

**Triathlon Revolution** Terri Schneider,2008-09-08 Includes a foreword by Iron Man Hall of Famer Scott Tinley Written with a fresh non technical yet authoritative approach Provides the latest and greatest developments in the industry Author is a widely respected athlete and coach Whether just getting interested in triathlons or a multi sport veteran readers of this new handbook will get tuned up and stoked to reach any performance goal Author Terri Schneider explains how to train for a first triathlon as well as how to formulate an ongoing experience or a longer term race regimen Basic techniques for building a foundation of success are accompanied by lessons in heart rate levels and suggestions for how to integrate a training schedule into daily life From the early stages of training and making decisions on what gear to buy through to race day and beyond Schneider covers everything from nutritional information to endurance issues mental strategies stretching setting up transition areas off season training and more      **Triathlon - Taking the Next Step** Paul Huddle,Roch Frey,Bob Babbitt,Bon Babbitt,2003-05 Okay you ve finished your first short distance triathlon Now it s time to up the ante and go

further and faster This guide includes longer workouts balancing work family and training adding speed work recovery and the mental game which are all important to reach the half Ironman distance *Triathlon Workout Planner* John Mora,2006-01-18 Train smarter and get better results no matter how busy your lifestyle Triathlon Workout Planner is like having your own personal support team to prioritize training fit workouts into your schedule and plan for long term racing success By choosing the right workout at the right time you can actually improve efficiency technique and overall fitness level in less time with these invaluable tools Three or four key workouts that serve as the core of your weekly training schedule The 80 20 rule which focuses on the 20% of training that gets 80% of the results Workout choices based on available time and target heart rate for customized training Eight weeks of log pages to gauge progress and make weekly adjustments helping you stay on track and stay injury free Racing plans for every distance from sprint to Ironman Take control of your training and your schedule with Triathlon Workout Planner Train more efficiently and effectively for better performance on and off the race course **Swim, Bike, Run--Eat** Tom Holland,Amy Goodson,2014-07-15 It s race day and you have your quick closure running shoes sleek suits bikes goggles and watches but if you haven t been training with the proper nutrition you ll be left in the dust in the third mile Enter Swim Bike Run Eat to guide you from day one of training to the finish line and help your body perform at it s peak of fitness In this book author Tom Holland joins up with sports dietitian Amy Goodson to cover race day essentials food choices to complement your training regimen as well as recovery nutrition Learn how to determine what to eat what to drink how many calories to consume each day whether or not to carry snacks while training the difference between taking in calories from solid foods semi solids and liquids and whether or not to take electrolyte or salt tablets This books is the ideal companion to Holland s The 12 Week Triathlete Casual and core triathletes alike require a nutrition guide that is easy to understand with expert advice that is easy to implement Look no further and get ready to take your triathlon to a new healthier level [The Complete Book of Triathlon Training](#) Mark Kleanthous,2012 Covers all aspects of triathlon from getting started to training to how to finish a race **Go Multisport** Jennifer McConachie,2024-01-30 The all in one resource and first handbook for multisport athletes with an introduction to the field of multisport and a look at how it came to be and what s next for the sport Are you ready to Go Multisport You can run you can paddle you can SUP stand up paddleboard you can swim you can ski you can climb you can train and you can bike But how can you combine them all together For ultra like distances and days at a time How about climbing hiking and packrafting all in one day Beyond traditional 5Ks and 10Ks and single sport extreme and endurance events is the newly evolving field of multisport Multisport events are usually self designed and determined These extreme athletes most often create their own events because they are the first to do these human powered endurance challenges Some examples of multisport athletes include Nathan Fa'avae Winner of the Eco Challenge World s Toughest Race and 7 time Adventure Racing World Champion Roman Dial Combines biking and packrafts in the Alaskan backcountry has made full length traverses upward of 700 miles by

foot ski pedal and paddle of the Brooks and Alaska Ranges Dave Cornthwaite Adventurer who created Expedition 1000 a quest to take on 25 journeys each one a minimum of 1000 miles using a different way of non motorized transport throughout the world Alastair Humphreys A National Geographic Adventurer of the Year for his concept of microadventures encouraging people to get outside even in short bouts Perfect for those who are seeking to do more more challenge more fun this book provides a history background and empowering how to You will learn how to walk the edge of a radical new discipline Also includes gear lists sample race challenges training secrets and more

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