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Challenge (Ultrafit Multisport Training Series) By Joe
Friel, Gordon Byrn**

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Joe friel's blog: august 2009 - training bible

It's common among advanced multisport athletes to do two workouts in a day. Some of these two-a-day triathlon workouts may be "bricks," You could do a single, two-hour workout in one day including intervals followed by a long, steady . Going fast is very challenging in itself and very rewarding when

How many workouts per week should i do to prepare for triathlon?

Depends on the distance, but you should be doing each discipline at least twice a week, You can find many training plans online or in books, my favorite book for this is : Going Long: Training for Triathlon's Ultimate Challenge (Ultrafit Multisport Training Series): Joe Friel, Gordon Byrn: 9781934030066: Amazon.com:

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