



Triathlon Science

By Joe Friel

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Leave 'em in your wake, leave 'em in your trail, leave 'em in your dust. Get your brain as fit as your body and achieve your triathlon potential.

Triathlon Science is packed with all the expertise you can handle, and more. From fine-tuning your physiology for each of the three disciplines to plotting the best race strategy for your fitness level, personal goals, and competitive conditions, you'll find the insights and prescriptions typically available only from a top-level coach.

With editors Joe Friel and Jim Vance and a who's-who list of international experts on the sport, *Triathlon Science* offers you an unprecedented wealth of advanced yet accessible information on excelling in the sport.

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“The scientific information discussed in Triathlon Science will give every reader a deeper understanding of the how and why behind a training program. It is a great resource for coaches and athletes alike.”

Linda Cleveland-- Coach Development Manager USA Triathlon

“Triathlon Science is invaluable for any athlete looking to decipher the vast information available and achieve immediate results.”

Adam Zucco-- Triathlon Coach 2009 USAT Developmental Coach of the Year, Five-Time Hawaii Ironman Finisher

“Joe Friel is a founding father of our sport, so you can be confident that Triathlon Science will be a valuable addition to your triathlon library.”

Gordon Byrn-- Founder of EnduranceCorner.Com, 2002 Ultra Man World Champion

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