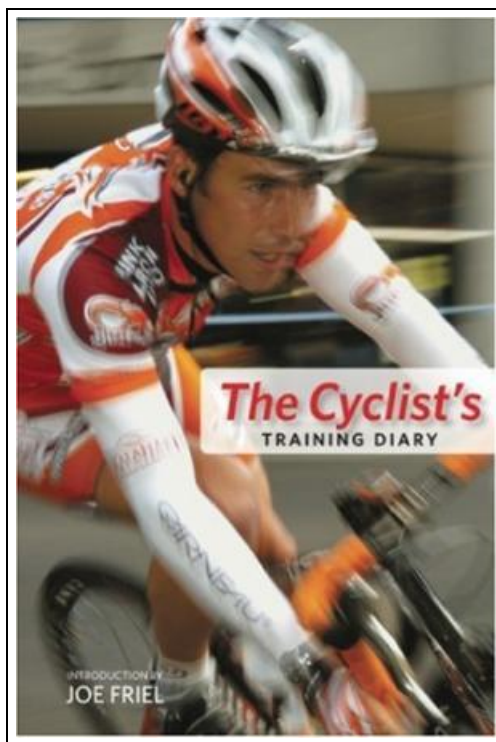


The Cyclist s Training Diary



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VELOPRESS, United States, 2007. Spiral bound. Condition: New. Language: English . Brand New Book. The VeloPress Training Diaries are the best way for cyclists and triathletes to consolidate training data, track progress, redefine goals throughout the season, and record the way their bodies respond from day to day. Designed as companions to Joe Friel s Training Bibles , the new editions make space for every training detail, with charts to organise race results and fitness indicators, physiological test results, and more. With a training log that s personalised, portable, and easy to review and update, athletes can gain new insights into their performance. Designed with collaboration from cyclists and coaches, this next generation of training diaries will make it easier than ever to record and interpret every component of cycling and multisport training. Coach Joe Friel gives athletes a thorough introduction to the essential details of training and keeping a log. For athletes who are designing their own annual training schedule, he provides a guide to planning the entire season. With a year of undated weekly spreads, these diaries are the most comprehensive training logs available with space for: every training detail, from weather conditions to resting heart rate and daily nutrition; charts to organise race results and fitness indicators; physiological test results such as VO2max and lactate threshold; power meter data and weekly race results specific to cycling; and, two-a-day workouts and weekly summary data specific to triathlon.

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