

TRIATHLON

16 WEEK TRAINING DIARY

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Triathlon Training Diary

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Triathlon Training Diary:

The Triathlete's Training Diary Joe Friel, 2024-01-02 A perfect companion to any triathlon training program The Triathlete's Training Diary offers an ideal way for you to plan record and better understand your workouts and performance With undated pages for use any time of the year this diary offers plenty of space for all the objective and subjective performance metrics you might want to track in a smart format that's been carefully designed tested and refined by Joe Friel the top coach in the sport of triathlon The Triathlete's Training Diary makes it easy to look up past workouts or settle your pre race nerves by proving to yourself that you've done the work This paper workout log is simple to use never requires a login or password and can be completely customized to meet your needs for any triathlon training schedule This physical record of your workouts will reveal insights that don't display on an online dashboard Fully compatible with Joe Friel's best selling training programs like The Triathlete's Training Bible Your First Triathlon Going Long and Your Best Triathlon this diary simplifies the planning and execution of your triathlon training High performing athletes know that a training diary is an invaluable tool Whether they work with a coach or train independently even elite triathletes keep a training log to hone their feel for performance consolidate training data in one location track their progress monitor for injuries and overtraining and reshape their goals throughout the season The Triathlete's Training Diary includes Coach Friel's introduction to the essential details of keeping a training log Friel's guide to planning out your season Season goals Annual training hours Weekly training hours 53 undated weekly spreads Space for every training metric like rest recovery weight workout type route distance time average heart rate and power zones weather heart rate RPE and your custom notes Room for two a day workouts Weekly Summary charts Race Results Summary to log finish times split times pre and post race nutrition efforts and age group rankings Physiological test results such as VO2max and lactate threshold Training Grids to graph the data you choose Road and mountain bike measurements with space to note adjustments Your favorite routes and best times Season results summary Race day gear checklist What gets measured gets managed Add The Triathlete's Training Diary to your program and you'll unlock valuable insights that can help you improve in your sport *The Triathlete's Training Diary* Wikookoo PUBLISHING, 2020-02-09 Everyone needs a training partner Here's yours The Triathlete's Training Diary journal is a 360 week Updated Diary and Comprehensive Log Book for Triathletes Whether you are training for a Sprint Olympic or International Distance or a Half Ironman or Ironman Triathlon this daily logbook will keep you company and will track your progress Old School Professionally Designed Matte Cover 360 Weeks Circle Highlight Daily Activity Swim Bike Run Weights Date Time Notes Others 6 x 9 120 pages KEYWORDS The Triathlete's Training Diary The Cyclist's Training Diary Mein Triathlon tagebuch The Triathlete's Training Diary paper workout log The Triathlete's Training Bible Your First Triathlon Going Long and Your Best Triathlon this diary simplifies the planning and execution Joe Friel's best selling training improve in your sport e Triathlete's Training Diary to your program rest recovery weight workout type route distance time average

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Inside Triathlon Training Diary Joe Friel, 2002 Joe Friel and Inside Triathlon team up to deliver an indispensable training log for triathletes Along with color photos fifty two undated one week diary spreads record every facet of a triathlete's daily workout including duration weather distance time heart rate and weight Weekly summary and race section pages are included to clearly document progress

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Triathlon Training Log and Diary Elegant Notebooks,2019-02 Triathlon Training Log and Diary This training journal is perfect for any triathlete who s serious about their training and about achieving success and getting results Use it to keep a record of training sessions and as a reminder of technique and skills worked on Keeping a record is vital in order to track progress and maintain motivation levels Each page has sections to record distance time pace average heart rate for the individual disciplines along with average power for running and cycling There is also space to list goals and make notes Ideal for a coach dad mom son daughter or anyone that simply loves triathlon Makes a great Father s day Mother s day Christmas or Birthday gift Use for note taking keeping competition results as a training diary or journal fitness record recording competition stats journaling writing doodling drawing making lists and recording ideas Click on the author link to see our

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