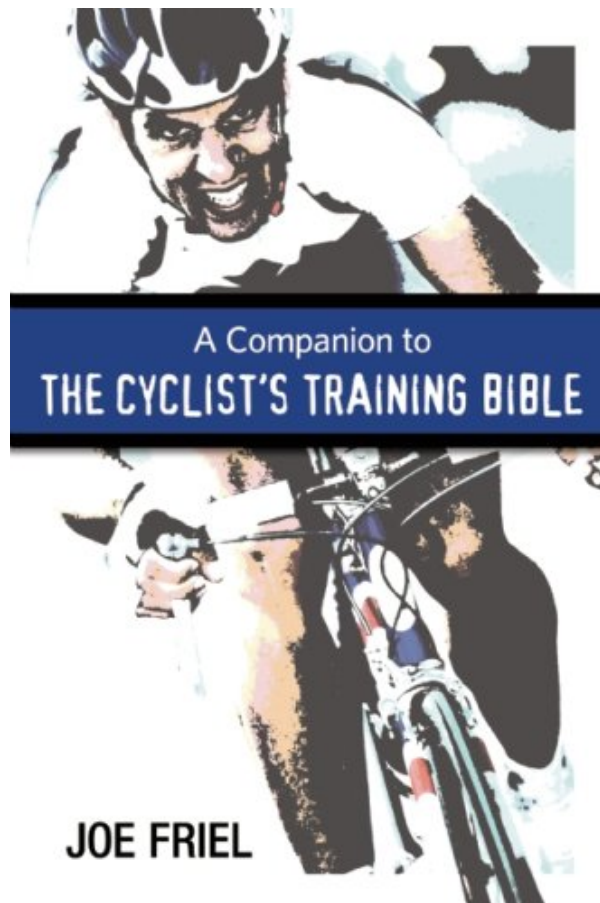
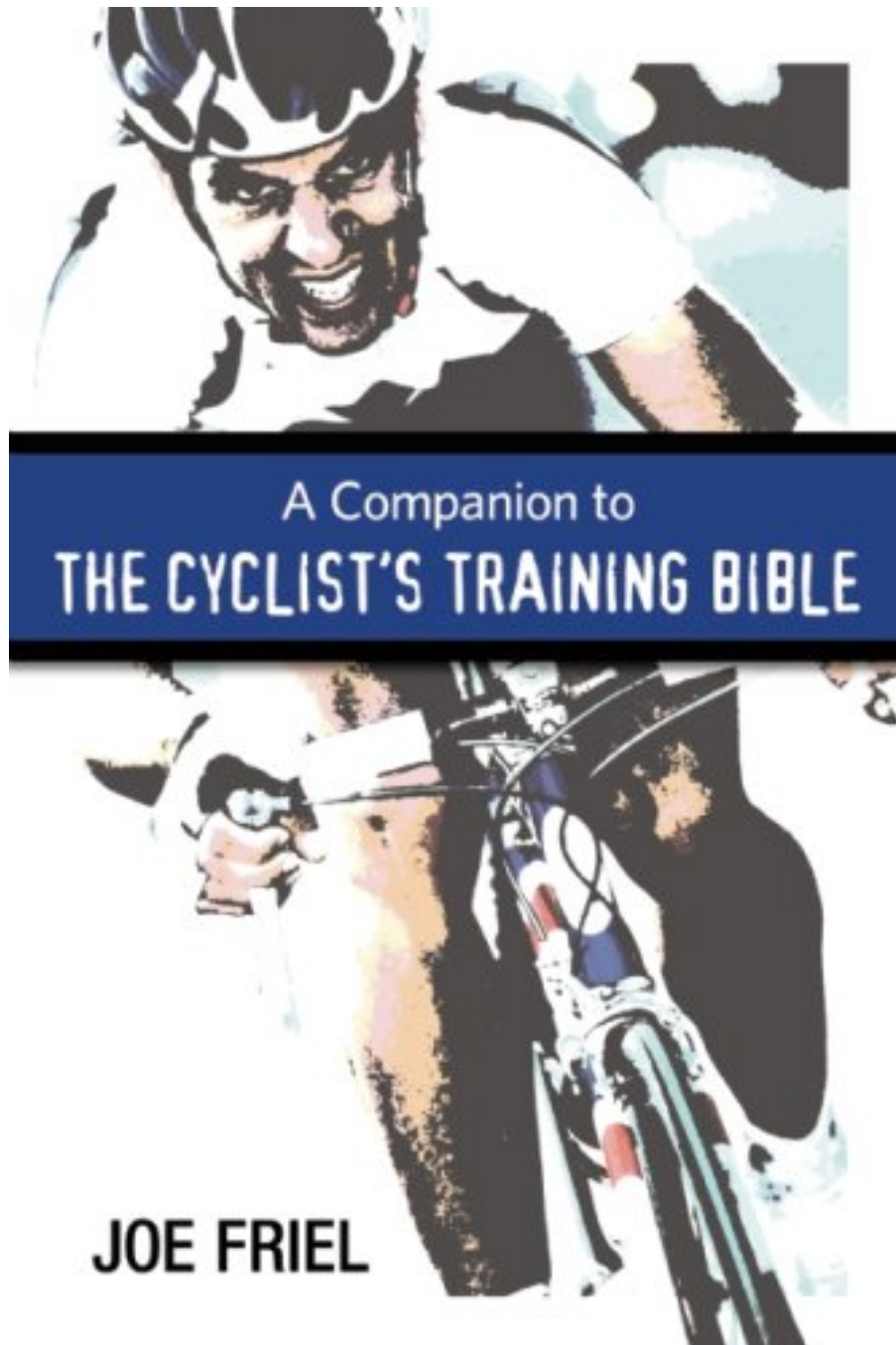


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About the Author

Joe Friel is the most trusted endurance sports coach in the world. He is the best-selling author of *The Triathlete's Training Bible*, *The Cyclist's Training Bible*, *Fast After 50*, *Going Long*, *Your Best Triathlon*, *The Power Meter Handbook*, and *Your First Triathlon*. His TrainingBible Coaching service is one of the most successful and respected in endurance sports.

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- Sales Rank: #1071013 in Books
- Brand: Brand: Velo Press
- Model: 4709600
- Published on: 2009-05-01
- Released on: 2009-05-01
- Original language: English
- Number of items: 1
- Dimensions: 8.90" h x .30" w x 5.90" l, .40 pounds
- Binding: Paperback
- 104 pages

Features

- ISBN13: 9781934030356
- Condition: New
- Notes: BRAND NEW FROM PUBLISHER! 100% Satisfaction Guarantee. Tracking provided on most orders. Buy with Confidence! Millions of books sold!

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