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Long Training For Ironman
Distance Triathlons Joe
Friel

**Going Long Training
For Ironman
Distance Triathlons
Joe Friel**

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Balance ~~30k xp/hr at level 1~~*

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~~#10~~ MY FIRST IRONMAN

TRAINING EXPLAINED WITH

TRAININGPEAKS I DESERVE TO

SUFFER // IRONMAN Training

EXACTLY How I Trained For My

First Ironman 70.3 |

Triathlon Training Tips How

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Are You Ironman Ready? |
Triathlon Training Explained
*Ironman 70.3 Training for
Beginners* **How To Train For A
Half Ironman | 70.3**

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Distance Triathlons Prep The

Journey To A Sub-10 Hour

Ironman | S2.E6 **5 Long Ride**

Tips | Training For Ironman

~~What It Takes To Train For~~

~~An Ironman | 13 Weeks Out~~

My Daily Diet \u0026

Supplement Routine | RUNNING

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+ WEIGHT TRAINING

HOW TO COMPLETE AN IRONMAN |

3 Months Training *My Top 6*

Favorite Running Accessories

Triathlon Training With

World Champion And Olympic

Triathlete Vincent Luis

25HRS of cycling in ONE DAY!

Page 10/49

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**| THE RED BULL TIMELAPS
CHALLENGE** ~~Sunday Triathlon
Training vlog~~ ~~THE JOURNEY TO
MY FIRST IRON MAN 70.3~~ What
are the Average Half Ironman
Finish Times for YOUR Age
Group? | Triathlon Taren 10
Tips on finishing your first

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70.3 *Distance Half Ironman! Embrace
The Suck (Running + Weight
Training Day) My 5 Biggest
Ironman Triathlon Mistakes
[So you don't make them in
your race] ~~4:36 Half Ironman
on Less Than 9hrs of
Training per week~~ 3 Hour*

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Distance Triathlons For An Ironman
Triathlon | S2.E3 Ironman
Triathlon Training For
Beginners IRONMAN TRAINING -
What A Week Of Training
Looks Like Sub 12hr IRONMAN
TRAINING PLAN with 1 Swim
Per Week? | Triathlon Taren

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Distance Triathlons My New HALF-

IRONMAN 70.3 Triathlon

Weekly Training Plan |

Triathlon Taren ~~How To Train~~

~~For Your First Triathlon |~~

~~An Introduction To Triathlon~~

~~Training~~ **Going Long Training**

For Ironman

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Going Long has long been the best-selling book on the subject of training for the Ironman. Now this completely revised new edition, Friel and Byrn directly advise the novice, intermediate, and elite triathlete, making it

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the most comprehensive and
nuanced guide to Ironman
training ever written.

**Going Long: Training for
Triathlon's Ultimate
Challenge ...**

Going Long: Training for

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Ironman Distance Triathlons
(Ultrafit Multisport
Training Series) by Joe
Friel, Gordon Bryn and a
great selection of related
books, art and collectibles
available now at
AbeBooks.co.uk.

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9781931382243 - Going Long:
Training for Ironman
Distance ...

As a novice triathlete with
only a few years experience
I was able to access
everything that I needed to

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Distance Triathlons Joe
Friel

start on my journey training
for an Ironman. I would
recommend that you have at
least a half Ironman under
your belt before buying this
book. But I know I will be
coming back to this time and
time again as I progress in

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**Going Long: Training for
Ironman-Distance Triathlons
by ...**

Your volume for the 4
activity categories in the
Acclimation Phase, will look

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like this: Swim -
1,500-2,000 yards/meters
broken into sets Bike - 30
minutes to 1 hour @95+ RPM
Run - 3, 3-5 mile runs
during the week, building
from 4-8 miles on the
weekends Weight Training -

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**A Detailed 1 Year Triathlon
Training Plan | Perfect for
...**

You need as much motivation
during your Ironman day to
keep going. TRAINING PLAN

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Aim for long run week 1 long
bike week 2 long swim and
bike week 3 week 4 easy
weeks. DO NOT try and cycle
100+ miles and run 20 miles
in the same weekend in your
build up. = You will under
perform at the very least

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and may not finish the
Ironman triathlon

**What It Takes To Complete An
Ironman Triathlon From No**

...

Going Long: Tackling 70.3
And Ironman The challenge:

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Distance Triathlons Joe
specialist and adapt his
training for back-to-back
long-course world
championship races. February
11, 2013 Kim McDonald

Going Long: Tackling 70.3

Page 25/49

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I am looking to do ironman
canada in 2016 and need a
training plan to get going I
have been biking but nor
running or swimming in 7 to
8 months. Is there a plan to
get things moving in the

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Distance Triathlons Joe
Friel
right direction I can put in
whatever hours I need to for
training.

**Triathlon Training: Training
for Ironman Is a 12-Month**

...

Swim: 1:30:00 Bike: 6:15:00

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Run: 2:15:00 Ironman Joe
training plan week total:
10:00:00 Monday Swim:
Strength and endurance, 45
mins. mS: 3x12' (3'): #1 is
freestyle, starting easy and
building effort. #2-3 are
with pull buoy at a strong,

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steady effort. option to use
swim paddles.

The 10-Hour Week Ironman Training Plan - Triathlete

Going Long is the best-
selling book on Ironman
training. Friel and Byrn

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Distance Triathlons Joe
intermediate, and elite
triathlete, making it the
most comprehensive and
nuanced plan for Ironman
training ever written. Going
Long is the best resource to
break through an Ironman

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performance plateau to find season after season of long-course race improvements.

Amazon.com: Going Long: Training for Triathlon's Ultimate ...

In my first 4 years of

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Distance Triathlons Doc
File

ironman training, I would ride up to 7 hours. This is my first season training with a power meter and my long rides are 3.5-5.5hrs. The rides are more intensity focused. Yesterday I rode 5 hrs [60 minute w/up, 60'

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with several 15" bursts, 6x
(20'@ half ironman effort +
10' cruise), then cool
down].

**your Ironman "long" ride
training rides...: Triathlon
...**

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Going Long – Standard Joe
Distance Triathlon to
Ironman Mastering the art of
triathlon is a special
thing. All the technical
nuances and the skills and
techniques need to complete
a Olympic distance or

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Distance Triathlons, whatever
you call it, is a great
accomplishment.

**Going Long - Standard
Distance Triathlon to
Ironman ...**

The item Going long :

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training for an ironman-
distance triathlons, Joe
Friel, Gordon Byrn
represents a specific,
individual, material
embodiment of a distinct
intellectual or artistic
creation found in City of

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**Going long : training for an
ironman-distance triathlons**

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Going Long is the best-

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selling book on Ironman
training. Friel and Byrn
guide the novice,
intermediate, and elite
triathlete, making it the
most comprehensive and
nuanced plan for Ironman
training ever written. Going

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Distance Triathlons Joe
Friel

Long is the best resource to break through an Ironman performance plateau to find season after season of long-course race improvements.

**Going Long, 2nd Ed. -
VeloPress**

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The last 40km or so can be really tough as you're in that mindset of 'Only 40km to go... oh wait, I still have to run a marathon.' I know I get a little excited towards the end of the bike, but do as I do and draw on this

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energy, stick to your pace
and use it to keep focused
Ironman racing and training
advice from Tim Don

**How to race the Ironman bike
leg - 220 Triathlon**

Long distance Lionel Sanders

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on Kona 2019, beating Jan
Frodeno and his favourite
indoor training sessions.

Long distance ... Your first
Ironman: 30 training and
preparation tips. Off-season
Training Off-season
efficiency. You're currently

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Friel

Long distance - 220

Triathlon

The role of going long in
your Ironman bike training.

3. ... So if you go early
enough, I think it's a 2-and-

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a-half mile loop, completely flat and it's just so cool to get out there and ride as hard as you can without having to worry about cars hitting you. So I'd say the FTP test is mentally really challenging.

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**The role of going long in
your Ironman bike training -
The ...**

Going long : training for
ironman-distance triathlons
/ Joe Friel and Gordon Byrn.
- 2nd ed. p. cm. Includes

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Gordon. II. Title.

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GOING LONG - VeloPress

The right way to taper for a long-distance event such as an IRONMAN is a hotly-contested topic among

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endurance athletes and coaches—and for good reason. The right taper will set you up for success, whereas a lousy one will derail even the most closely followed training plan.

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