



Your First Triathlon

Joe Friel

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"Your First Triathlon" is the best-selling book for beginner triathletes because it makes preparing for sprint triathlons fun and easy. This clear and comprehensive book prepares aspiring triathletes for the challenge of their first tri through a simple, 12-week training plan that requires fewer than 4 hours a week. By race day, you'll have the confidence and fitness to enjoy your first triathlon: swimming a half mile, riding a bike 12 miles, and running 3 miles.

"Your First Triathlon" offers a 12-week training plan for total beginners as well as custom plans for athletes already experienced in swimming, cycling, or running. The easy-to-use plans include achievable swim, bike, run, and optional strength workouts that will slowly but surely build you into a triathlete. As you build endurance, Joe Friel's technique workouts will improve your speed and efficiency. Helpful tips will ensure you'll know how to handle problems like a flat tire, soreness, and how to navigate questions about etiquette in the pool or on a group ride or run.

Joe simplifies the complexities of the swim-bike-run sport with his smart advice on gear, how to prepare a transition area, finishing a stress-free swim, and ensuring that race day goes as planned. Joe offers tips on choosing a beginner-friendly triathlon and then walks you through your entire race week covering packet pickup, knowing the course, the pre-race briefing, what to eat for breakfast, check-in and body marking, how to set up your transition area, warming up, what to do in unexpected weather, a smart race plan, and what to do after you've finished your first triathlon.

Joe Friel is the coach experienced triathletes trust most. His book "The Triathlete's Training Bible" is the best-selling resource in the sport and now his trusted advice is available to help you enjoy your first triathlon.

Your First Triathlon Details

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Author : Joe Friel

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From Reader Review Your First Triathlon for online ebook

M-death says

The workouts feel overly simple, but I thought it was a great over all introduction for a newbie to the sport.

Rich says

The first section of the book itself is rather weak - but then again the subject isn't necessarily easy to write about. An example of this is when the author attempts to describe proper stroke technique with words alone - no images. This is like trying to describe how a hunter would dress a deer with only words. Many of the ideas in this book could be conveyed much easier if they had visual aids (or even better were taught in person).

The training schedules are where the book seems the most helpful. I recently followed similar plans for marathon running - so I can see where these plans for the triathlon would come in handy. Next summer I will be signing this book out of the library again strictly for the training plans.

Chelsea says

My first Friel purchase, the Triathletes Training Bible, is *very* advanced-- experienced/professional triathletes are the intended audience. After struggling through that book, I ordered this one and hoped for a similarly thorough book, but for beginners. But this book is too far at the opposite end of the spectrum: too basic, way too short.

Friel makes odd choices about when to be thorough (page after page on the mechanics of weight loss) and when to gloss over details (the swim chapter has no illustrations; the swim training plans contain only one exercise for advanced swimmers; Friel only occasionally mentions the risks of overtraining, etc.). Most frustrating are his training plans, which assume that beginners triathletes are total beginners in at least two sports. If that's the case, why is he recommending training for a sprint in only 12 weeks?

Jo * Smut-Dickted * says

I'm more a runner than a triathlete but triathlon is always something that's been in the back of my head. Your First Triathlon is a good general book with a lot of good information. It is not too overwhelming (leaving aside the training plans) and covers everything fairly well including quite a bit on strength training and nutrition which you don't always find a ton of in other books or it is very cursory.

The initial few chapters were great introduction and well written. I thought the fact that the author acknowledged this can be a lifestyle as well as the need for support to be helpful for newbies. This is no small goal you've set out for yourself. The gear and what is required vs. what is nice to have broke things down well. The only irritant I have (and this is a common complaint for me for triathlon books so far!) is

there is the assumption you already have a bike. Repeatedly you are told "Don't buy one" (not unique to this book) and not given a ton of advice if you do not have a bike (any bike) for what you should do. Just told "Don't buy one now you'll regret it". That is all well and good if you have a bike or someone to borrow one from. For those of us who have not been on a bike for a while and who do not possess one I'd like to see some one (anyone!!) actually offer up an opinion of what you can do in this situation.

Well, since no other has done that, I will tell you what I did. I did not have a bike. So, clearly, I need a bike. I also didn't want to invest thousands into a sport I wasn't sure I'd like and for a bike that might be too specific to it. I mean I can see myself going casually riding and maybe with a group but beyond that not so much - not planning on going for 5 day rides or something. So I compromised and bought what I'd call an entry level road bike. It was seven hundred dollars which is no small amount. I had it fit for me at a Local Bike Shop (LBS) and the only thing I added was a more comfortable Saddle (Terry Liberator X Gel Saddle for me is perfect). The advice I got was to buy a cheap bike or go for the gusto. I did neither. Too cheap means it would be likely I would not want to use it more than a race or two nor to train. Too pricey and I'd feel guilted into doing tri's forever to pay off that bike. The way I look at it I can sell it (there is a large market for second hand bikes in great condition) for a good amount.

The section on race day and the transition are was outstanding.

The information on swimming and cycling is basic and I think sufficient to get you going. I always supplement my book learning with lots of stories of people doing what I want to do which includes blogs, beginner sport websites, etc. Get yourself exposed to the sport and the lingo - you'll be thankful for it.

So why not more stars? Well, honestly, I didn't really like the running chapter but that's just me. It seemed a lot more complicated than a beginner would want or be capable of while having a life and doing 2 other sports. My advice is, if you have never run, do a Couch 2 5K program via app or any of the one's online for free to get to your 3 miles of running or so for a Sprint Tri. The apps can be very motivating and helpful and will leave you feeling confident.

Similarly the training for cycling and swimming I think is too complicated for the true beginner. They are doable - just you'll have to memorize some stuff in the beginning. I found it interesting that a lot of the cycling workouts really work well and best on an indoor trainer and are so noted. I prefer to ride outside. That's personal preference but it means that likely I (at the beginning of a cycling journey) am not going to do drills as I've just got my balance on the bike. For the swimming you might be best off copying down the workouts and laminating them or putting in a waterproof pouch for the pool. I haven't tried them. I'm actually working through form and skill via Total Immersion and SwimSmooth books which are helping tons (and which I'd recommend).

This is a good book - maybe not quite "fresh meat" beginner in level in many ways - but the info is solid and strong and it's a great resource to have on hand. If you want some personal'ness to the story (this is a just the facts book) then I'd recommend Triathlon for the Every Woman: You Can Be a Triathlete. Yes. You. and/or Slow Fat Triathlete: Live Your Athletic Dreams in the Body You Have Now (older book) that I found inspiring. I'm not an Athena (larger woman) but found plenty to enjoy about these journey's that so amply portrayed what conviction, dedication, and consistency could do if you had the will.

Douglas Lord says

The title pretty much sums up what you can expect: Friel clearly covers for beginners the basics of the sport and its components (swimming, biking, running). Information on nutrition, gear, muscular strength, and more adds value and presents multisport as a healthy approach to life. Friel writes clearly, and he's concerned with providing budding athletes with information that is immediately useful. For example, the sections on what to eat before, during, and after exercise are great. The body simply cannot operate on only one fuel. If you start to run low on one of them, carbohydrates, obviously, you simply can't go on. This is referred to as 'bonking.' He also debunks the fat-burning zone myth, addresses what I impolitely call the Hey, but I'm old! factor, and provides about 30 pages of workout regimens. To date, I've done over 80 triathlons from short sprint distances through full Ironman races, and I can unequivocally state that in every single one of them I have used advice, information, or tips that I got from Joe Friel's books, especially the Triathlete's Training Bible (also VeloPress, 2009). Give it a whirl; you're across the finish line before you know it.

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Scarlett Hill says

I like that this book provides separate training plans that work for those who already have a strong sport. All the other plans I've looked at assume a beginner triathlete is a beginner at all three sports.

Stéphane Boudreau says

Not a bad book, it covers all 3 stages but not at a deep level given it's an introductory book. I learned a few things about nutrition and swimming, which is the event I will have the least experience on. The book contains 12 weeks' programs for Sprint and Olympic events. Each event contains a program for beginners in the 3 fields, and programs for experience swimmer, biker, or runner. Given that I have experience in both running and biking I'll likely merge the programs for experience runner and biker.

Melissalott says

A good book if you're starting out and self-training for your first triathlon. Didn't give me a ton of new info (I have a family that talks about nutrition, etc a lot) - but gave pointers on training, motivation, goal-setting, and setting up transition areas that make me feel a lot better about doing my first tri in April. The author made me laugh several times which is good.

A lot of the book is about triathlon as a lifestyle - healthy eating and exercise, etc. Good stuff.

Quick read - I finished it in a few hours yesterday.

Tiffany says

I have been hemming and hawing about whether or not I could finish a triathlon for several years now. I've completed many half marathons, a marathon, and various other running events, but for some reason a TRIATHLON sounded like something scary and completely unattainable. My own fears of failure/inadequacy kept me from even thinking about participating in a tri. I bought this book several years ago and have finally dusted it off from the bookshelf and signed up for a sprint tri! In addition to reading this book, I joined a triathlon training group and feel like having both tools at my disposal has boosted my confidence about my ability to PROPERLY train, prepare for, and complete a sprint triathlon. As I started my first few swim, bike, and run training sessions- I began reading Your First Triathlon. This book is terrific for beginners! There are so many tips that you get prior to your first race that you might not have figured out until it was too late on race day. Some examples- how to lay out all of your gear at the transition stations and what to wear/or not to wear for the different sports. This book has a 360 degree view of what you'll need leading up to race day including nutritional advice, training logs, tips for each individual sport, and lots of motivation! I'm totally confident that after reading this book and getting my training in, I will be completely prepared for my first sprint triathlon this summer!

Chris Maki says

Great introduction to the sport of Triathlon. I think the real test of this book will be after my first race. I like the way Joe Friel introduces you to the various aspects of the sport and covers all of the equipment you will need. There are several training plans for your first Sprint distance Triathlon (750m swim/20km bike/5km run) including plans for those that are already swimmers, bikers, or runners. Friel also walks you through your first race, even explaining how to lay out your T1 (transition 1, swim to bike) and T2 (bike to run) areas.

If you are new to the sport of Triathlon I don't think there is a better book to cover the basics. I also have the Triathlon Training Bible and several other Triathlon books but I think this is the right place to start.

Sippy Van Der Meer says

Prima handleiding, handige schema's

Affad Shaikh says

Goal- Complete the race with a smile on your face. I like that idea. It works for me. Can't ask for more from a book then what Friel provided, its an excellent beginning point for triathlete noobs like myself. Dismantled some big myths and helped set realistic targets and goals, especially with the training plans.

Scott says

This was a good book to get started with for a triathlon. It had some great tips and hints. I think I am ready to try my 1st triathlon this year. Chiago Triathlon 2018, here I come!!!

Naomi says

This was a spectacular book for the beginner triathlete. The author offers breakdown of training schedules, nutrition, weight loss and equipment requirements. The author breaks trainings down to races being prepared for a successful race. Furthermore, I love that numerous resources were offered for self-directed trainings. This book was so inclusive in its content that I ended up purchasing it as a resource.

Adan Caballero says

Excelente invitación a este deporte

Leí este libro por curiosidad hacia la práctica del triatlón. Viendo amigos practicarlo con tal intensidad me parecía algo sumamente difícil y fuera del alcance de personas comunes y corriente que solo queremos ejercitarnos y divertirnos en e proceso. Este libro te abre los ojos al mundo del triatlón de una manera muy sencilla y le quita el misterio y el glamour a un deporte que me parece de lo más divertido.
