

Going Long: Training For Ironman-Distance Triathlons (Ultrafit Multisport Training Series) By Joe Friel;Gordon Byrn

By Joe Friel;Gordon Byrn

Ready to go long? Learn four training tips for any triathlete who is ready to move beyond the Olympic distance.

Going Long: Training for Triathlon's Ultimate Challenge (Ultrafit Multisport Training Series) (9781934030066) by Friel, Joe; Byrn, Joe Friel and Gordon Byrn

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Joe Friel's Blog is for the serious endurance athlete who wants to stay current on the science and art of training for sport. Here you will find Joe Friel's thoughts

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Going Long is the most comprehensive guide to racing Ironman distance triathlons ever written.

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