

Download Going Long Training For Ironman Distance Triathlons Joe Friel

Going Long: Training for Ironman-Distance Triathlons by. Joe Friel, ... If you are going to do a half-ironman distance or longer race, ...Going Long is the best-selling resource showing how to train for Ironman. Coach Joe Friel and veteran Ironman Gordo Byrn offer the most comprehensive guide.... Ironman® distance triathlons ... Going Long, Gordo Byrn and Joe Friel have combined their talents to provide a meaningful training resource for Ironman-distance the most comprehensive guide to racing Ironman® distance triathlons ... "In Going Long, Gordo Byrn and Joe Friel have ... training resource for Ironman-distance ...