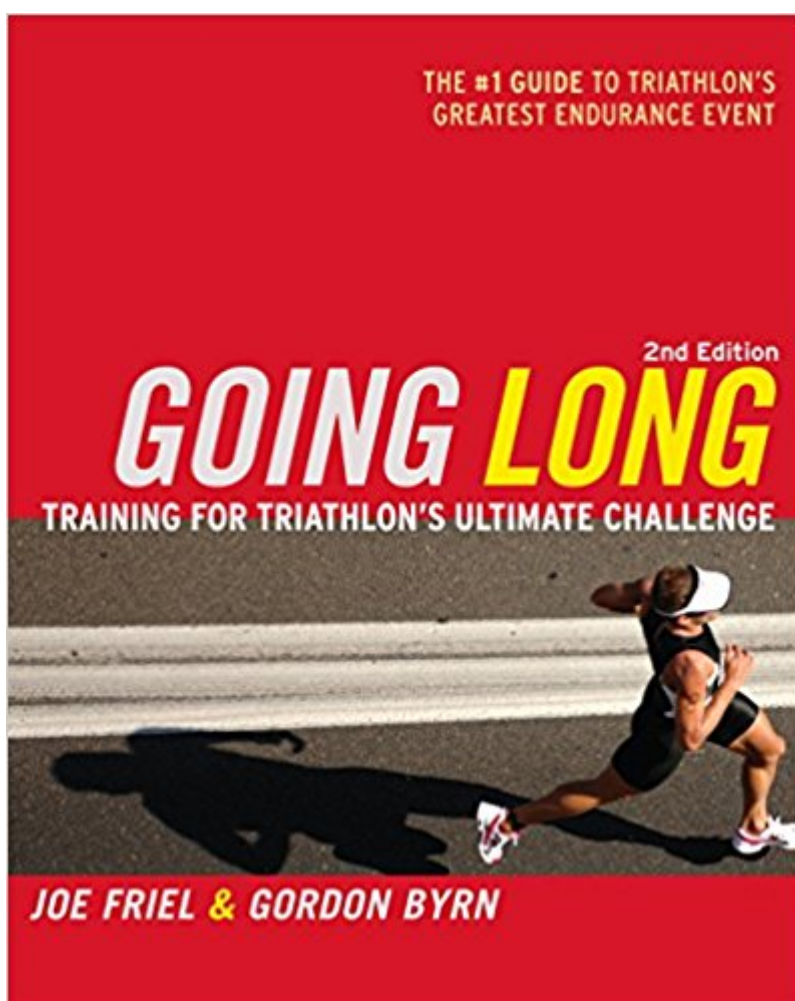


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# Going Long: Training For Triathlon's Ultimate Challenge (Ultrafit Multisport Training Series)



## Synopsis

Internationally recognized coach and best-selling author Joe Friel teams up with ultra-endurance guru Gordon Byrn in this second edition of *Going Long*, the most comprehensive guide to racing Ironman® distance triathlons ever written. Combining science with personal experience, Friel and Byrn prepare every triathlete, from the working age-grouper to the podium contender, for success in triathlon's ultimate endurance event. Whether you are preparing for your first Ironman® or your fastest, *Going Long* will make every hour of training count. Inside this groundbreaking second edition from best-selling authors Joe Friel and Gordon Byrn you will find more than 40 sport-specific drills to improve your technique, making you more efficient at swimming, cycling, and running. Sport-specific chapters outline the stages of development for each of the three disciplines of triathlon and describe drills to improve form and efficiency. A newly expanded section on training the mind explores the all-important psychological aspects of racing, including goal-setting and visualization. A detailed appendix includes key training sessions, workout examples, and strength training progressions. In addition, proven key workouts for each sport and a complete strength training program will help you build the muscular endurance that is critical to Ironman success. Time commitment, burnout, and injury are realities that every athlete must face in Ironman prep. Friel and Byrn offer a simplified approach for working triathletes to help them balance their training time with other obligations. Also new to the second edition is a chapter on wellness and recovery from Dr. Jeff Shilt with invaluable information on monitoring and maintaining your health during the rigors of training. This new advice includes plentiful details on common aches and pains and will help you target nagging overuse injuries with an active recovery strategy to speed rehabilitation. *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 the most comprehensive and nuanced guide to Ironman training ever written. *Going Long* is the book you will return to, season after season.

## Book Information

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## Customer Reviews

"An in-depth guide to succeeding at Iron-distance triathlon. Ideal for anyone looking to life his or her game to the next level." -- Triathlete magazine  
"Going Long is a valuable read for any triathlete, not just those aiming for an Ironman®. This is a great resource for a large audience." -- Triathlon Magazine Canada  
"Going Long targets triathletes of varying ability and Ironman® aspirations. If you have one shot at the Ironman and training time is at a premium, then 22 pages on strength training may not be for you. However, the 21 pages on nutrition could determine your Ironman destiny." -- IMPACT magazine  
"Gordo and Joe have a unique way of helping the long-distance athlete to recognize what's important in fitting these events into one's life. In our age of information overload they give the self-coached athletes all the tools they need to succeed." -- Scott Molina, coach and former professional triathlete  
"25 years of active multisport coaching has proven that Joe Friel has an unprecedented understanding of endurance sports. As a multiple triathlon world champion, I would consider Joe as one of the leading figures in triathlon coaching today. Joe's professional approach and practical understanding of sports physiology has helped many endurance athletes of all abilities reach their full athletic potential." -- Simon Lessing, 5-time Triathlon World Champion  
"Whether you're a beginning triathlete or a seasoned pro, Joe Friel is the leading authority on triathlon training." -- Ryan Bolton, member of the 2000 U.S. Olympic Triathlon Team  
"In Going Long, Gordo Byrn and Joe Friel have combined their talents to provide a meaningful training resource for Ironman-distance racing." -- George M. Dallam, Ph.D., former USA Triathlon National Teams Coach, co-author of Championship Triathlon Training

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one of the leading figures in triathlon coaching today. Joe's professional approach and practical understanding of sports physiology has helped many endurance athletes of all abilities reach their full athletic potential." --Simon Lessing, 5-time Triathlon World Champion "Going Long is the most straightforward road to your Ironman finish! It combines the coaching wisdom of Joe Friel with the racing experience of Gordo Byrn--a powerful combination!" -- Petr Vabrousek, professional triathlete "Going Long is an invaluable tool for every triathlete looking to improve." -- Clas Bjorling, professional triathlete "Whether you're a beginning triathlete or a seasoned pro, Joe Friel is the leading authority on triathlon training." --Ryan Bolton, Ironman winner & 2000 USA Olympic Team "In Going Long, Gordo Byrn and Joe Friel have combined their talents to provide a meaningful training resource for Ironman-distance racing." -- George M. Dallam, Ph.D., former USA Triathlon National Teams Coach, co-author of Championship Triathlon Training "Joe Friel's wealth of knowledge in triathlon is astounding and he has a wonderful way of sharing that knowledge with all athletes from beginners to elite professionals." --Siri Lindley, Triathlon World Champion "Joe's practical experience and wealth of scientific knowledge about triathlon are the perfect combination." -- Barb Lindquist, 2004 USA Olympic Team "Joe Friel has spent most of his life in devotion to the understanding and teaching of sport. Joe has managed to focus on the key components to athletic success while weeding out the noise. This book will play a substantial role in helping you take the next step as a triathlete." -- Justin Daerr, professional triathlete "Joe Friel is constantly enhancing his education in the sport. In his books, Joe uses the information of the athletes he personally trains, the coaches who confide in him, and the large amounts of research he digests from triathlon and other endurance sports." -- Wes Hobson, former USA Triathlon National Team member and U.S. sprint triathlon champion "In his usual upbeat, reader-friendly style, Joe brings to bear a further understanding of the art and science of triathlon." -- Steven Jonas, MD, author of Triathloning for Ordinary Mortals and co-author of Championship Triathlon Training

This book is a great field manual for someone with "short course" triathlon experience looking into taking the plunge into ultra endurance racing. The end-to-end approach in this book is helping me craft a well reasoned, thoughtful and achievable plan towards my goal of competing in Ironman distance Triathlon. The section on nutrition & how it effects endurance athletes through different periods through out the work out cycle is worth the price alone. Following this expertise allows you to maximize your body's usage of fuel. I already feel stronger & better able to recover from hard workouts from the nutrition guidelines alone. I take this book everywhere, so I can constantly use it as a reference at the gym or grocery store. I will post an update when I complete my Iron-distance

race in Summer '16. For now I am using it to train for my first 1/2 ironman (70.3) this coming summer 2015. I love competing in this sport as an amateur & this book maps out how to do it, and stratifies other information, and different training strategies bases on ability level (from novice to experienced.)To be fair,I was already a believer in Joe Friel's ability to translate coaching onto the written page, because I used his book "Your First Triathlon," to not only finish --- but successfully place 7th in my age group & 3rd in my second sprint triathlons ever. So I already knew it would be a worthwhile read.

I consider myself a well-read, veteran triathlete after 7 very full and busy race seasons. Beginning early 2012, I began making plans to compete in my first Ironman and this book immediately floated to the top. It offered well put together training programs based on experience, as well as other helpful advice for those looking to "go long."I found most of the material new, well-placed, and insightful, although some of the chapters offer the same generic stuff found in many triathlon books. Really, this book was worth its salt in providing a detailed routine for pushing yourself to new limits, while also providing you with other information such as nutrition, race strategy, what it's like on race day, etc.Definitely a must-own. I supplemented this withÃ A Be Iron Fit, 2nd: Time-Efficient Training Secrets for Ultimate Fitness, another phenomenal book for the Ironman in all of you! My book now has underlines and highlights all over it, many page flags where I found some insightful piece of information, and worn out from taking it nearly everywhere with me. I did find the light humor scattered throughout a welcome relief from the daunting 140.6 mile task at hand.I completed Ironman Coeur d'Alene in 2013 with a time of 11:07, and look forward to tackling the Ironman circuit again next year. I'm also excited to apply the full 140.6 training regime to a season filled with multiple 70.3 races.

Gordo Byrn really knows his stuff (this book has me finding his lectures on YouTube, which are well worth the viewing). I do have a little trouble translating some of the training charts, but the information packed into this volume is great. I do like that they reiterate that if you are a novice that you can put in a solid performance by sticking with a good base building program right up until your A race. I am getting into long course triathlon kind of late in the game, I am 52, I did a half Iron last summer and had a blast, so this year I am upping the stakes and need all the help I can get. This book is daily reading for me.

As a 2 time Iron Man finisher, I highly recomend this book for anyone thinking of racing this

distance. This book is packed with incredible information that will help you cross the finish line. Whether you are a veteran or a newbie like me, reading this book and putting into practice the advice it's given, will help you have a great and enjoyable experience through out this Journey. I did my first IronMan Triathlon in Madison, WI. in 2006 at the age of 55 and finished 3rd. in that age group, awesome for a first timer. Second Iron Distance in Wrightsville, NC. in 2011 at the age of 60, finishing 1st. in that age group. This book was incredibly helpful in realizing this dream, both times and I totally recommend it.

A lot of information packed into a small book! Very well written and does a decent overview of all the areas an athlete needs to consider. It also gives you pointers on where you need to go if you need more details. If your planning an IM then this seems a good place to establish your plan and then grab more specific books for your 'problem' areas.. At least that's what I'm doing.

Excellent book used it for Three Ironmans and previous version for my first Follow the advice for the BIKE spot on during race time it's worth the cost and the advice in some areas is perfect pick and choose what works for you - but excellent book on the topic

This is a very good book for airman training. It gives all the fundamentals to create your own workouts for a given calendar or specific goal. For me, there are perhaps two single points of improvement. To guide training volumes a little bit more specifically in terms of goals, and the swimming discipline could be also improved a little bit, defining better with typical workouts to work all the different requested intensity zones. Some pictures could also be introduced for a technique exemplification and guidance.

Great book for when training to do 70.3 or 140.6 long triathlons.

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