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Joe Friel is an endurance sports coach best known as an elite triathlon and cycling coach as well as the author of The Triathlete's Training Bible The Cyclist's

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(co-author), The Triathlete's Training Bible, The Mountain Biker's Training Bible, Triathlon: Going Joe Friel's Triathlon Base Period 10.5-12 hrs/wk. 12 weeks.

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About Racerox. An Arizona native, Jeff has been mountain biking and racing since 1997. A father of 2 awesome children Ryder and Skylar. He is the owner of Excelnet

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When I bought this book I was just about to start racing my first XC club series and really did not have any idea where to start. I was looking for a detailed guide

Joe friel

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This book was recommended to me by a local mountain bike Pro. She said if I was serious about taking my riding and racing to the next level, I had to get this book.

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