



# Inside Triathlon : Training Diary : A 52 Week Log of Your Triathlon or Duathlon Fitness

*Joe Friel, Joel Friel*

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Joe Friel and Inside Triathlon team up to deliver an indispensable training log for triathletes. Along with color photos, fifty-two undated one-week diary spreads record every facet of a triathlete's daily workout, including duration, weather, distance, time, heart rate, and weight. Weekly summary and race section pages are included to clearly document progress.

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