



Going Long: Training for Ironman-Distance Triathlons

Joe Friel , Gordon Byrn

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This book guides weekend triathletes in getting the most out of their training time and helps serious triathletes get maximum physical and mental benefit from training. Chapters cover the basics of training and fitness; training specifics for swim, bike, and marathon; mental strategies; and more. Sample training plans, photographs, charts, tables and case studies are also included.

Going Long: Training for Ironman-Distance Triathlons Details

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From Reader Review Going Long: Training for Ironman-Distance Triathlons for online ebook

Heidi says

good training book I have a long way to go and it's good to be able to read about some of the other training programs, injuries people sustain, and other ways to go

David Weir says

Very good book for training for Triathlons and an Ironman. It gives great insight on what it takes to get there, what you need to do, what to eat, how to train, etc. It's a very easy read and very easy to pick up and learn new things each time.

I wouldn't recommend it unless you're actually training for something, otherwise it'd be a little ridiculous.

Jennifer says

Another great book to read while needing to concentrate on my triathlon training. I love reading about what I'm doing so I can keep it in the front of my mind all the time.

Folkert Wierda says

Reread this very complete guide for training for multi-sport. It has obviously a lot of overlap with Friel's Triathlon Training Bible, but adds a lot, with a specific focus on what it takes to finish or race a full IM distance. Must read for all aspiring Ironmen and Iron Ladies!

Martin says

Very common sense approach to training

Douglas Lord says

While it's tough to describe 'going long' briefly, here's the deal: if you had to choose one book to help you go 140.6, this is it. These two acknowledged experts present 'traditional,' baseline training advice covering the business of the swimming, biking, and running – and so much more. See, the longer the distance you race, the trickier it gets. This covers pretty much everything from developing mental prep/toughness to nailing the taper – the period of physiological peak fitness you achieve prior to race day. Advice on selecting gear, preventing common injuries, optimal diet, strength training, and for race day itself (“...control your

arousal and avoid riding too hard” when taken out of context is pretty funny) is solid. Entries make you a stronger, healthier, smarter competitor and are completely realistic: “...lack of sleep is probably the single greatest challenge facing most working athletes.” Many athletes coach themselves using this one book, and while some might disagree with components, or even with this traditional, volume and periodization training approach in general, I bet every one of them began racing long using these strategies.

Jon says

Apparently I didn't put this on Goodreads the first time around? A solid piece of work with a heavy focus on form/economy and building endurance, as expected for Iron-distance training. I also find some of the strength work more useful than in *Triathlete's Training Bible* (the overlap between the two is small). I have incorporated several things into my training: some of the strength exercises, the hip flexibility routine, using run/walk in training, lots of balance/posture work.

Jeremy Jaramillo says

I use this as a great reference book and view it as one of the gold standards for Triathlon training. I knocked off a star because I didn't read it like a normal book, but jumped around a lot to the sections I was working on or referencing at the time.

Rick says

If you are going to do a half-ironman distance or longer race, you have to read this book and stick with the guidance therein. I attribute the nutrition tips in the book with assisting me in finishing my Ironman. It's quite dull in many parts, but it has everything you need other than a bike, wetsuit, and sneakers.

Jake Johnson says

This book is fantastic! Very in-depth.

Greg Linster says

I used Gordo Byrn as a coach through his online-coaching platform called Endurance Corner. He is an excellent coach and his system is based on the principles of this book. This is a great book for anyone who is serious about performance in long-course triathlon. My triathlon days, however, are long over.

Greg says

mandatory Ironman training book

Erik says

Friel is a very calculating author and if you follow his program, you will see excellent results. The only problem is trying to follow his rigorous schedule. While more experienced Triathletes with fairly flexible schedules may not have a problem, those who work long hours or are not very strong may have a tough time following it. Either way, I think this is a good read for any Triathlete, especially if you have read the "other" books and are thinking about doing some longer distance races like half or full Ironmans.

Noito says

As a novice triathlete with only a few years experience I was able to access everything that I needed to start on my journey training for an Ironman. I would recommend that you have at least a half Ironman under your belt before buying this book. But I know I will be coming back to this time and time again as I progress in this sport.

Anna says

Excellent resource for understanding what is involved in the longer distance triathlons. I am not racing these distances yet but am counselling athletes who are, and this will help a great deal to grasp the complexities and details of these race lengths.
