

A professional cyclist is shown in a dynamic, forward-leaning position on a road bike. He is wearing a blue and red cycling jersey with 'SUBARU' and 'ROOVE' logos, a blue helmet, and sunglasses. The background is a blurred outdoor setting, suggesting a race or training session.

JOE FRIEL

THE
CYCLIST'S

2nd EDITION

TRAINING DIARY

YOUR ULTIMATE TOOL FOR FASTER, STRONGER RACING

Cyclists Training Diary

Diary, Vitesse Press



Cyclists Training Diary:

The Cyclist's Training Diary Joe Friel, 2018-04-11 A perfect companion to any cycling training program The Cyclist's Training Diary offers an ideal way for you to plan record and better understand your workouts and performance With undated pages for use any time of the year this diary offers plenty of space for all the objective and subjective performance metrics you might want to track in a smart format that's been carefully designed tested and refined by Joe Friel America's most experienced personal cycling coach The Cyclist's Training Diary has a lay flat binding and flips easily so you can look up past workouts or settle your pre race nerves by proving to yourself that you've done the work This paper workout log is simple to use never requires a login or password and can be completely customized to meet your needs for any cycling training schedule This physical record of your workouts will reveal insights that don't display on an online dashboard Fully compatible with Joe Friel's best selling training programs like *The Cyclist's Training Bible* and *Fast After 50* this diary simplifies the planning and execution of your training for all cycling events road racing criteriums time trials century rides charity rides gran fondos enduro gravel grinders and cyclocross Strong cyclists know that a training diary is an invaluable tool Whether they work with a coach or train independently even elite cyclists keep a training log to hone their feel for performance consolidate training data in one location track their progress monitor for injuries and overtraining and reshape their goals throughout the season The Cyclist's Training Diary includes Coach Friel's introduction to the essential details of keeping a training log Friel's guide to planning out your season Season goals Annual training hours Weekly training hours and summary charts 53 undated weekly spreads Space for every training metric like workout type route and distance time heart rate and power zones and RPE weather rest recovery weight and your custom notes Race Results Summary to log finish times nutrition efforts and more Physiological test results such as VO2max and lactate threshold Training Grids to graph the data you choose Road and mountain bike measurements with space to note adjustments Your favorite segments and best times Season results summary Race day gear checklist What gets measured gets managed Add *The Cyclist's Training Diary* to your program and you'll unlock valuable insights that can help you improve in your sport *VeloNews Training Diary* Joe Friel, Velo-News Editors, Velo News, 1994-12-12 Fifty two one week spreads include areas to record training notes heart rates meals weight sleep course time and intervals [Cycling Training Log and Diary](#) *Elegant Notebooks*, 2018-11-24 *Cycling Training Log and Diary* This training journal is perfect for any cyclist or road racer who's serious about their training and about achieving success and getting results Use it to keep a record of training sessions and as a reminder of technique and drills worked on Keeping a record is vital in order to track progress and maintain motivation levels Each page has sections to record lactate threshold drills endurance and sprinting notes Ideal for a coach dad mom son daughter or anyone that simply loves cycling Makes a great Father's day Mother's day Christmas or Birthday gift Use for note taking keeping competition results as a training diary or journal fitness record recording competition stats journaling

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