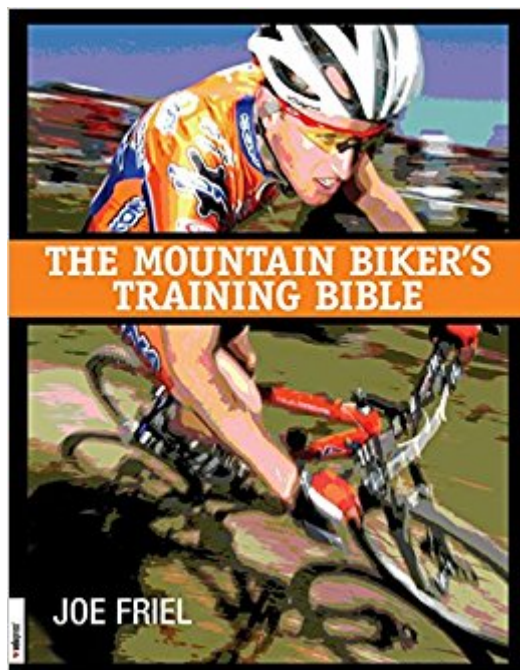


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# The Mountain Biker's Training Bible



## Synopsis

Mountain biking presents unique challenges, and noted expert Joe Friel addresses them all in his latest book. Covering every aspect of training, he helps riders maximize their experience and minimize problems.

## Book Information

Paperback: 368 pages

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## Customer Reviews

Joe Friel is the most trusted endurance sports coach in the world. He is the best-selling author of *The Triathlete's Training Bible*, *The Cyclist's Training Bible*, *Fast After 50*, *Going Long*, *Your Best Triathlon*, *The Power Meter Handbook*, and *Your First Triathlon*. His TrainingBible Coaching service is one of the most successful and respected in endurance sports. Joe has trained endurance athletes since 1980, including national champions, world championship contenders, and Olympic athletes in triathlon, duathlon, road cycling, and mountain biking. He is an elite-certified USA Triathlon and USA Cycling coach and holds a master's degree in exercise science. He conducts training and racing seminars around the world and provides consulting services for corporations in the fitness industry. He has also been active in business as the founder of Ultrafit, an association of coaching businesses; TrainingPeaks, a web-based software company; and TrainingBible Coaching.

I am an aspiring mountain bike racer who is going in to my 3rd year of racing. I am hoping to move up to Cat 1 in the next few years. If you're looking for a book that will take your riding to the next level, Joe Friel's book is a good start. NOTE: this book is not intended for beginners! This is not

"Mountain Biking 101." There are other books for that purpose. This book is aimed at the intermediate rider who has been riding or racing for a few years. The main reason I bought this book was so I could create my own training plan for next season. It has helped so far but creating the plan has been a lot more work than I anticipated. (As a side note, I recently found [TrainingPeaks.com](https://www.trainingpeaks.com) which can also automate the process of creating a training plan.) In addition to the training plan, Friel offers insight on motivation and ability that I found valuable. An excellent question he proposes is, "Why do you want to race?" He also includes chapters on how to break down your season into periods to maximize training and fitness, which ultimately serve to allow you to peak for your race. I like his adage, "Do the least amount of the most effective training at the appropriate times." This is advice I can get behind. I've read through the book twice now and am still trying to grasp some of the concepts. One of the biggest questions you can ask yourself as a racer is "What are my top 2 or 3 goals for next season?" Also included are chapters on off-season training, resting and recovery, and nutrition. This book will really get you thinking about where you stand as a racer and even about your racing skills and philosophy. Ultimately, I hope it will improve my race results while preventing overtraining. I am about 1/3 of the way through drafting my training plan for next season so it should be interesting to see how everything translates from the written word to actual practice. If you're wanting to give self-coaching a shot, I highly recommend this book.

For a beginner/intermediate MTB racer, this is exactly what I was looking for. I had no idea what I was doing when it came to training and this book really gave me some background into Friel's theory and how to put it into practice. We'll see how it goes, but already I can tell this book is going to help me out quite a bit.

The book is written in easy to understand English and goes straight to the point. A complete guide for beginners and advanced riders alike. Make sure to read carefully and follow the recommendations made by the author. Guaranteed to make you a better rider and enjoy every ride to the fullest.

It's been 1 year I started my mountain bike journey. This past year I've done a couple of thousand of kilometers and participated in a few races with good results. I thought I'd take mountain biking even more seriously so I got this book to teach me how to be more efficient with the limited time I have to train. The book gave me a detailed guide to create my year long plan. I know now how many hours should I train weekly all year long to be within my goals at the most important races of next year. Its

quite easy to understand and follow but not too easy - it's just right!! I would definitely recommend it to anyone serious in mountain biking [except for other mountain bikers in my area - if they all read it I would have some tough competitors :D]

This seems to be an upgrade over the original bible version with added sections of sample workouts, sample weekly plan and similar. The content is 90% similar to road version of the bible. While I think this is the best book on the cyclist trainings (that's why 5 stars) it still has shortcomings in terms of clarity. Therefore good supplement is to read Joe Friel's blog which elaborates on many topics and also answers readers questions.

Excellent book for the racers or riders who want to get better understanding of how the correct exercise will make for a better ride and stronger performance. It is a great tool for training in this specific sport, from eating, supplementing, drinking, sleeping, training and doing weights to get the most out of your body, your racing and your life. Follow the word of the bible, this bible!

I'VE FIRST READ 'TRIATHLET'S TRAINING BIBLE', AND 'CYCLIST'S TRAINING BIBLE' SO THIS BOOK WASN'T A SURPRISE FOR ME. FRIEL'S WRITING IS SIMPLE, AND IT TAKES YOU ONE STEP AT A TIME TO THE WORLD OF MTB TRAINING. GOOD FOR BEGINNERS THANKS TO ITS SOLID STRUCTURE. EXPERIENCED TRAINERS MUST FIND THE DETAILS ELSEWHERE.

While I was able to learn from this book quite a bit I was overwhelmed by the training designing instructions and I could not really understand where to start. I was looking more for a book that would provide some training tables already designed such as those on the "Time Crunch Cyclist" by Chris Carmichael and Jim Rutberg (Aug 1, 2009) Which I absolutely love since it gave me workouts that I could follow easily and achieve my goals. I will still recommend this book if you want to start racing mountain bikes.

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