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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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Jul 21, 2012 This is an audio summary of The Triathlete's Training Bible by Joe Friel. Capture date : 01/01/1970; Publication date : 07/23/2012; Duration : 01:32

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