



The Mountain Biker's Training Bible

By Joe Friel

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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.

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Editorial Review

About the Author

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.

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