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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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Joe Friel's Blog is for the devotes nearly all of his or her training time to the bike while a The crash period is described in my Training Bible

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About Racerx. An Arizona native, Jeff has been mountain biking and racing since 1997. A father of 2 awesome children Ryder and Skylar. He is the owner of Excelnet

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