



# Total Heart Rate Training: Customize and Maximize Your Workout Using a Heart Rate Monitor

By Joe Friel

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## Total Heart Rate Training: Customize and Maximize Your Workout Using a Heart Rate Monitor By Joe Friel

### TRAIN SMARTER WITH THE NEWEST HIGH-TECH HEART RATE MONITORS

Whether you are just starting a fitness program or are an experienced athlete, you can greatly benefit from paying attention to your heart rate during exercise. Heart rate serves as a window into the body, giving you minute-to-minute feedback on your physical condition based on all the factors affecting it: exercise intensity, diet, temperature, humidity, altitude, fatigue, and more.

"Total Heart Rate Training" explains:

Heart function during exercise

How heart rate monitors work

Simple ways to use a heart rate monitor

Advanced heart rate training techniques

With "Total Heart Rate Training," you can design a personalized program that practically guarantees you'll achieve your fitness goals. You'll be able to determine the precise and optimal heart rate for each day's workout by using your heart rate monitor to keep you on target. It's like having a personal trainer telling you when to go harder and when to back off.

This book also shows how powermeters and accelerometers enable you to compare your body's input, as measured by heart rate, with its output—power or pace. It's a combination that allows you to train at your peak for that competitive edge.

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*By Joe Friel*

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"Joe Friel is arguably the most experienced personal cycling coach in the U.S.(and) his book, The Cyclist's Training Bible has become the, well, Bible of the sport." -Bicycling magazine

"Friel's reputation for strength and endurance training for serious athletes has made him a coach in demand." -The Boulder Daily Camera

"Coach and trainer Joe Friel's well-known Training Bible series of books for cyclists and triathletes has changed the way multisport athletes train." -Active.com

"His education and experiences as an athlete and a coach have given him almost peerless authority on real world training and competition." -Rocky Mountain Sports & Fitness magazine

#### Review

Triathlete's Training Bible||1931382425|22.95|Velo Press|03/2004|17K + 36K of previous ed since '01||

Going Long: Training for Ironman||1931382247|18.95|Velo Press|04/2003|13K||

Cyclists Training Bible||1931382212|22.95|Velo Press|04/2003|19K + 12K of previous ed since '01||

Precision Heart Rate Training (cycling chapters)|Edmund|Burke|0880117702|18.95|Human Kinetics|12/1998|15K since '01||

#### About the Author

Joe Friel has trained endurance athletes since 1980. His clients have included elite amateur and professional road cyclists, mountain bikers, triathletes, and duathletes. They have been from all corners of the globe and included American and foreign national champions, world championship competitors, and an Olympian. Joe holds a masters degree in exercise science, is a USA Triathlon and USA Cycling certified coach, and is the past Chairman of the USA Triathlon National Coaching Commission. He is a featured columnist for Inside Triathlon and VeloNews magazines, and writes feature stories for other international publications and websites. Joe conducts seminars around the country on training and racing for cyclists, multisport athletes, and coaches, and provides consulting services for corporations in the fitness industry. Every year Joe selects a group of the brightest coaches with the greatest potential and oversees their progress as they move into the ranks of elite-level coaching. As an age-group competitor, he was a Colorado State Masters Triathlon Champion, a Rocky Mountain region and Southwest region duathlon age-group champion, was on several All-American teams and represented the USA at the world championships several times. He also competes in road-running races and USCF bike races.

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