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By Joe Friel

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Joe Friel is the author of The Triathlete s Training Bible, Your Best Triathlon and other books on training. For more information visit his website at [www](http://www.trainingpeaks.com)

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<http://www.triathletesports.com/the-mountain-bikers-training-bible/>

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<http://www.humankinetics.com/products/all-products/Triathlon-Science-eBook-PDF-Version>

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<http://www.vitalmtb.com/forums/Singletrack-Life,6/XC-racing-how-to-train-for-it,1599>

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