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patterns in your  
performance and  
give you  
valuable insight  
on when to push  
harder and when  
to back off  
making you a  
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will help you  
make every  
workout count  
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divide that time  
into 3 swims 2 3  
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spin class  
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triathlete you  
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it speaks to  
triathletes of  
all ability  
levels whatever  
their experience  
friel empowers  
triathletes with  
every detail  
they need to  
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down your daily  
training  
activities can  
have a profound  
influence on  
your actually  
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consolidate  
training data in  
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