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Joe Friel is a life-long athlete and has a masters degree in exercise science. He has trained and conferred with amateur and professional endurance athletes from a wide variety of sports since 1980. ... Read More about About. Ride Inside. The Triathlete's Training Bible, 4th Ed.

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December 1, 2019 by Joe Friel The first time I ever heard of a bicycle power meter was in the fall of 1993. There was a magazine article (by Samuel Abt in Velonews, I believe) about Greg LeMond having recently hired a Dutch physiologist, Arie van Diemen, to coach him in his preparation for the 1994 Tour de France.

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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

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Joe Friel, Power-Time-Weight Comparisons, Computrainer Workout Manual, Racermate Inc. Topic: Fitness. See more about: cycling, bike, bikes, endurance sports, gear, beginning cyclist, cycling. Stay at home, stay fit! Check out these simple workouts and fun exercises that can be done at-home with makeshift or no equipment at all.

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