

# The Mountain Biker's Training Bible By Joe Friel

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About Racerox. 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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(co-author), The Triathlete's Training Bible, The Mountain Biker's Training Bible, Triathlon: Going Joe Friel's Triathlon Base Period 10.5-12 hrs/wk. 12 weeks.

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