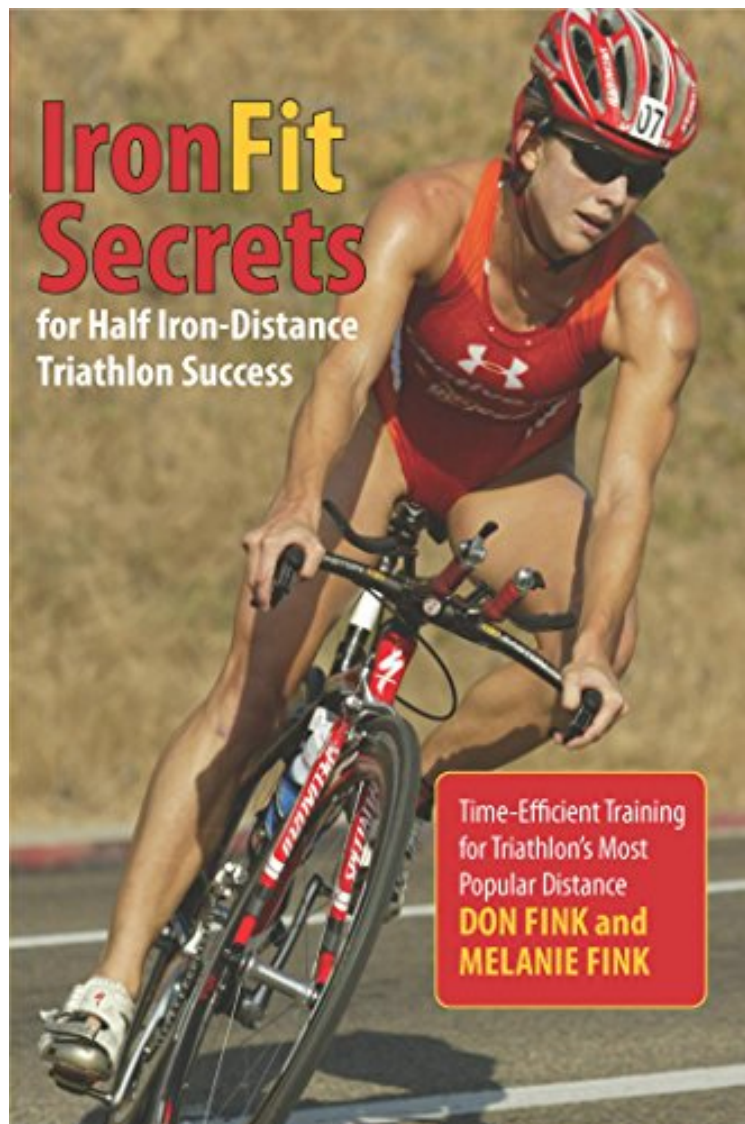


[FREE] IronFit Secrets for Half Iron-Distance Triathlon Success: Time-Efficient Training for Triathlon's Most Popular Distance

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Von Don Fink, Melanie Fink

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Von Don Fink, Melanie Fink : IronFit Secrets for Half Iron-Distance Triathlon Success: Time-Efficient Training for Triathlon's Most Popular Distance before purchasing it in order to gage whether or not it would be worth my time, and all praised IronFit Secrets for Half Iron-Distance Triathlon Success: Time-Efficient Training for Triathlon's Most Popular Distance:

KundenrezensionenHilfreichste Kundenrezensionen1 von 1 Kunden fanden die folgende Rezension hilfreich. Good for people moving from olympic to half triathlonVon SunnyGoods:Lot of Good drills for swimmer and all the other section. Suggested stretches cool down post and pre warmups.Lot of concentration on strengthening core and muscle strengthening.Heart zone and training on heart zone has more concentration.Cons:But very less on correction of technique for runners.Good training plan and I am following them for my workouts. Lets see how the result is

KurzbeschreibungWhy is the Half Iron-Distance the most popular triathlon distance? Because it is the perfect length for busy athletes with demanding career and family responsibilities. Full Iron-Distance races require such painstaking planning and sacrifice that its difficult to keep life in balance. The Half Iron-Distance is accessible, while remaining challenging. Also known as the 70.3 for the sum of its 1.2 mile swim, 56 mile bike ride, and 13.1 mile run, the half-iron triathlon is not simply a race for which an athlete can use a full-iron training regimen chopped in half. Doing so would in no way approach maximizing an athletes performance. The races are performed at completely different intensity levels, with completely different approaches. As a result, the training is completely different. IronFit Secrets to Half Iron-Distance Triathlon Success does for the half-iron what Be IronFit has done for the full-iron. It provides three sixteen-week training programsCompetitive, Intermediate, and Just Finishand details everything an athlete needs to know to successfully prepare for and maximize performance at this racing distance. In as little as four months, any athlete can be physically and mentally ready for the worlds most popular triathlon challenge.