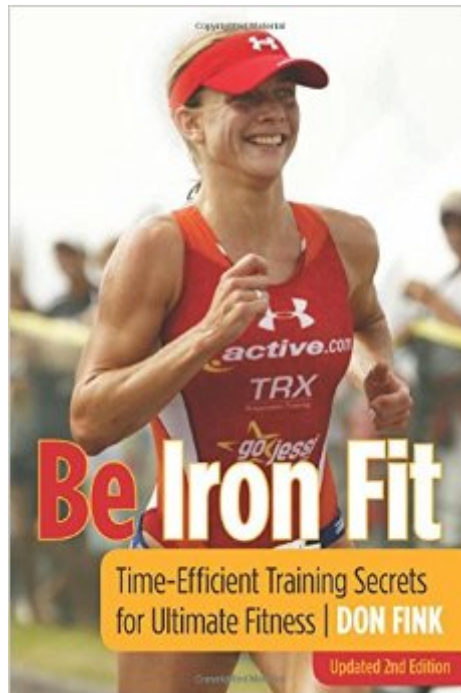


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# Be Iron Fit: Time-Efficient Training Secrets For Ultimate Fitness



## Synopsis

Ever dream of being an elite endurance athlete and competing in races like Hawaii's Ironman? Professional athletes are not the only people who have the ability to attain superior athletic accomplishments. Every season tens of thousands of amateur triathletes compete head-to-head, pushing their physical and mental strength to the absolute limits. The standard Ironman competition is a true test: a 2.4-mile open-water swim, followed by a 112-mile bike leg, and a 26.2-mile marathon run. Sought-after multisport coach, Don Fink assures readers that the challenge is not too difficult, the dream is not impossible. His time-efficient training methods have been honed over the years and have been proved to aid anyone in achieving their athletic dreams. *Be Iron-Fit* provides practical training information in a step-by-step, enjoyable way so that even everyday athletes can attain ultimate conditioning. Included in this revolutionary guide is information on:- The essential workouts- The training cycle- Core training - 12-week training programs- Effective time management- The principle of gradual adaptation- Effective heart-rate training- Preparing with training races- Proper technique- Equipment tips- Race and pre-race strategies- Mental training- Effective goal setting and race selection- Nutrition- And much more. With the proper preparation and training techniques explained here, virtually anyone can attain supreme fitness.

## Book Information

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## Customer Reviews

If you are planning on racing an Ironman in the coming year, I would go so far as to say you have to buy this book. It will probably be the best investment you will make helping you accomplish your athletic goals and allowing you to have more fun along the way. I've raced 2 Ironmans, a Half

Ironman, and 5 marathons over the past 3 years and I still go back and re-read certain chapters of BelronFit. I even take it with me to my races, it's that good. First of all, Don Fink is one of the most experienced and accomplished coaches in triathlon today. His approach, advice, and training plans have worked for countless athletes at all levels (from beginner to elite). I wouldn't follow a training philosophy or plan if it were not proven. My time and goals are too important to me. BelronFit is an exceptional read and resource. Very well written. What's remarkable about the book is that there is something there for everyone. If your goal is to finish your first Ironman or to qualify for Kona, I believe you will benefit from reading this book. Triathlon can be a complicated sport and the book goes into appropriate detail but not overly so. I think the reason I continue to go back to the book is that the philosophy, tips and advice to training and racing are sound - almost fundamental truths. Don not only explains exactly what you need to do day by day, week by week (laid out in your training plan), he clearly explains his coaching philosophy so that you understand exactly why you are doing certain workouts during the different phases of training. What's interesting about Don and perhaps one of the reasons why he has been such a successful coach is his background. He became an elite triathlete while managing a successful and demanding career on Wall Street.

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