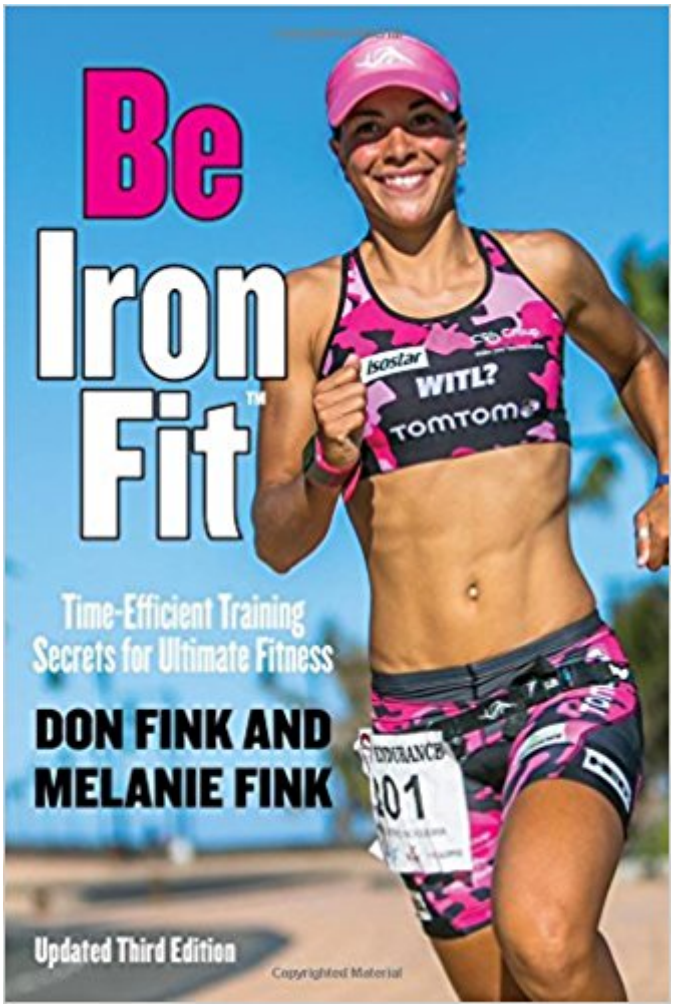
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Be IronFit: Time-Efficient Training Secrets For Ultimate Fitness



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Synopsis

The third edition of the best Ironman triathlon training book in the market, this updated volume contains time-efficient training methods that have been honed over the years and have been proved to aid anyone in achieving their athletic dreamsÃ¢â ¬â •from beginners to experienced competitors. This edition contains all new training plans, new swim sessions, new athlete profiles, and state-of-the-art flexibility and core strength regimens. Be Iron Fit contains:* The essential workouts with exercise photography * The training cycle * Core training * 30-week training programs * Effective time management * The principle of gradual adaptation * Effective heart-rate training * Proper technique * Equipment tips * Race and pre-race strategies * Mental training * Effective goal setting and race selection * Nutrition * And much more.

Book Information

Paperback: 304 pages

Publisher: Lyons Press; 3 edition (January 1, 2016)

Language: English

ISBN-10: 1493017829

ISBN-13: 978-1493017829

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 21 customer reviews

Best Sellers Rank: #46,287 in Books (See Top 100 in Books) #7 inÃ Â Books > Health, Fitness & Dieting > Exercise & Fitness > Triathlons #13 inÃ Â Books > Sports & Outdoors > Individual Sports > Triathlon #86 inÃ Â Books > Sports & Outdoors > Coaching > Training & Conditioning

Customer Reviews

"Most how-to books are too technical or too shallow. Don Fink manages to pen a unique combination of information, anecdotes, and readability. I enjoyed the read and learned a few valuable tidbits in the process. Well done!" --Scott Tinley, two-time Ironman World Champion"Don's book certainly made me think. A truly complete book for all abilities in the sport of triathlon that leaves no subject untouched." --Spencer Smith, three-time Triathlon World Champion

Melanie and Don Fink of IronFitÃ Â® (IronFit.com) have trained athletes on five continents to personal records and breakthrough performances. The author of Be IronFit, 2nd ed.: Time-Efficient

Training Secrets for Ultimate Fitness and Mastering the Marathon: Time Efficient Training Secrets for the 40-plus Athlete (both from Lyons Press), Don has raced more than thirty Iron-distance triathlons, Ultraman, and other contests and has recorded age-group victories and course records. Melanie is Regional Council Member of USA Triathlon Mid-Atlantic, has raced 12 Iron-distance races, Ultraman, and other contests. She has age group and overall victories in triathlon, running, and open-water swimming competitions throughout the world. They live in Carroll County, New Hampshire.

I bought this book for my husband who has been training for his very first Full Ironman, this summer. He was looking for some guidance, in regards to training and tips, to help him be successful.He said that this book was beneficial to him in many ways, and liked it. He feels that he is better prepared for his upcoming race, in part, because of the book. He says that although the book is well written and informative, it can be a bit technical and slightly dry; however, he would still purchase the book all over again, and would recommend this to anyone training for a Full Ironman.

I bought this on advice of a friend to help train for my first Ironman. They do a really excellent job of explaining the training plans and the purposes for the various types of workouts and have tons of tips for organizing your schedule and making time to train. What I think it’s lacking is more advice about details like how to choose equipment and techniques for each of the sports. There are some general techniques, but mostly for swimming. I could use more tips and tricks for running and biking.

If you are serious about training for an Ironman and don’t have the money for a private coach, then I highly recommend getting this book. It has everything you need to do the training on your own. I am so glad that I purchased this.

Amazing book with invaluable guidance on how to fulfill your IronMan dreams, even while working full-time and raising a family. Great training options depending on your available training time and goals. I read it before my first triathlon; re-read it before my first IronMan and still relying on all the important advice as I train for IronMan #3. With Don and Mel Fink’s help, I went from "can I finish?" to "how [soon] can I get to top 10 in my age group?" A must-read for anyone planning to do 70.3 or 140.6.

I trained for my first ironman using the 2nd edition and it worked very well. Programs are designed

brilliantly and are perfect for anyone who either wants to finish strong or tries to improve his or her PR, specially if you have limited time to train. Even though the 3rd edition at the core is very similar to the 2nd edition , I found updates on 3rd edition very helpful.

I've heard lots of people both rave about this book and complain that HR based training makes it feel slow. So I was very interested to see how they sold the HR training side. I now see what they are saying and understand. It seems like a good idea to me. Will see how it goes over the coming months.

So excited to start using this book in my training for Madison! I have been briefly flipping through it and it just has such a wealth of knowledge for training for an IM.

I couldn't wait for this revised copy. I use it everyday

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