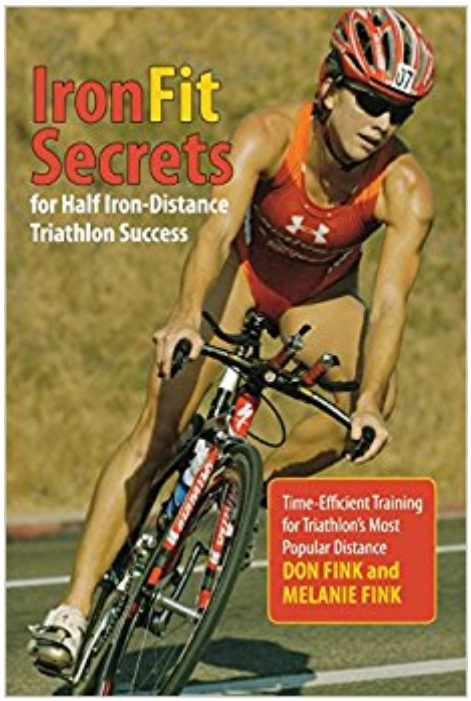
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IronFit Secrets For Half Iron-Distance Triathlon Success: Time-Efficient Training For Triathlon's Most Popular Distance



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Synopsis

Why 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 itÃ¢â ¬â„¢s difficult to keep life in balance. The Half Iron-Distance is accessible, while remaining challenging. Ã Â Ã Â Ã Â Also known as the Ã¢â ¬Å“70.3Ã¢â ¬Â• 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 athleteÃ¢â ¬â„¢s performance. The races are performed at completely different intensity levels, with completely different approaches. As a result, the training is completely different. Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â 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 programsÃ¢â ¬â •Competitive, Intermediate, and Ã¢â ¬Å“Just FinishÃ¢â ¬Â•Ã¢â ¬â •and 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 worldÃ¢â ¬â„¢s most popular triathlon challenge.

Book Information

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Customer Reviews

Don and Melanie 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 otherÃ Â contests and has recorded age-group victories and course records. Melanie has raced 12 Iron-distance races, Ultraman, and has age group and overall victories in triathlon, running and open water swimming competitions throughout the world.

I think the most useful reviews are ones in which the product in question was actually tested. This is why I waited until after my half ironman before writing this review. I did Steelhead 70.3 less than a week ago and IÃƒÂ¢Ã â ¬Ã â„¢m happy to report that, using only this book (and never having done a half iron before), I utterly destroyed even my most optimistic goals! IÃƒÂ¢Ã â ¬Ã â„¢m still on cloud 9 just thinking about it! For a little background, IÃƒÂ¢Ã â ¬Ã â„¢m a middle of the pack age-grouper and have done about 4 olympics and 12 or so sprints so, as you can see, IÃƒÂ¢Ã â ¬Ã â„¢m no Dave Scott. My Oly PR is 2:57 and I trained hard for that using a personalized online program. So, letÃƒÂ¢Ã â ¬Ã â„¢s cut to the chase. Here are the pros and cons of this awesome book:Pros:1) It has everything you need in one short and simple book. Besides the training programs (3 of them), there are sections on heart rate training, specific swim workouts, strength training, stretching, core work, transitions, nutrition, race day fueling/hydration, equipment, technique, mental aspects, recovery, injury prevention, missed workout adjustment, adjusting the programs for tune up races, etc. Like I said, it has everything. And itÃƒÂ¢Ã â ¬Ã â„¢s all very clearly explained.2) ItÃƒÂ¢Ã â ¬Ã â„¢s time-based instead of miles-based. This makes time management for busy people like us much easier. Of course, If youÃƒÂ¢Ã â ¬Ã â„¢re slow, you may not achieve the distances you should be so some adjustment may be required (for example, starting the program early to build you fitness). This is what I did which IÃƒÂ¢Ã â ¬Ã â„¢ll explain later.3) ItÃƒÂ¢Ã â ¬Ã â„¢s designed with a great degree of flexibility built right in. I used the ÃƒÂ¢Ã â ¬Ã Å“intermediateÃƒÂ¢Ã â ¬Ã Â• program which includes 2 rest/slide days. These ÃƒÂ¢Ã â ¬Ã Å“slideÃƒÂ¢Ã â ¬Ã Â• days and where they occur are the key. Every Friday and Monday are rest/slide days. To quote the book: ÃƒÂ¢Ã â ¬Ã Å“ÃƒÂ¢Ã â ¬Ã Â¦use them to slide your rest days forward or back one day to better fit your training schedule...ÃƒÂ¢Ã â ¬Ã Â•. At first, I thought 2 days of rest/slide was one too many and thought I would use the Monday rest/slide session for an extra swim workout. It turns out that the slide days were crucial in maintaining consistency. I missed very few workouts because I could do it on a slide day when life got in the way (which it always does).4) It is heart rate based. Be careful with this one. Initially, I used a formula which underestimated my max heart rate by a wide margin. This made for some painfully slow workouts. Only when I actually measured my max HR using one of the protocols described in

the book (I did the 5k run protocol) did my workouts become appropriately challenging. DonÃƒÂ¢Ã â ¬Ã â„¢t worry, they explain everything you need to know about the zones and all that.5) Brick sessions. I thought the bike-run bricks proved to be useful come race day. I was used to the feeling of running right off the bike. Not everyone agrees with the utility of brick sessions but I thought they helped. Some are very long, though. For example, the intermediate program calls for a 4 hour 15 min bike workout followed immediately by a 45 min run. I usually cut the run short (but donÃƒÂ¢Ã â ¬Ã â„¢t tell the Finks!!).6) Intervals, hill repeats, and other hard sessions. While not super fun, I feel that these really helped increase my speed and strength. DonÃƒÂ¢Ã â ¬Ã â„¢t skip them.7) There are 3 full training programs to choose from. These are the ÃƒÂ¢Ã â ¬Ã Å“just finishÃƒÂ¢Ã â ¬Ã Â•, the intermediate, and the competitive programs. I chose the intermediate program because I wanted to more than ÃƒÂ¢Ã â ¬Ã Å“just finishÃƒÂ¢Ã â ¬Ã Â• and the competitive program looked like a bit much. It turns out that the intermediate program was pretty time consuming and intense in my opinion (but you ARE training for a half ironman after all!) However, I would choose it again. ItÃƒÂ¢Ã â ¬Ã â„¢s also laid out in a very easy to understand format (unlike other some other programs that have multiple codes for workouts written in a complex spreadsheet-like format).8) There are only 2 swim sessions per week in the intermediate program. This could be a con depending on your philosophy. I view the swim as something to complete in a reasonable time without being exhausted. If you hope you rock the swim, you may want to add another swim session (on a slide day perhaps) or do the competitive program (which includes the option of a 3rd swim session). But the 2 per week swim worked for me and my goals. It worked out to about 5000 yds/week. I suppose you could do more yardage while sticking to 2 sessions/week if youÃƒÂ¢Ã â ¬Ã â„¢re worried.Now for some cons:1) Only 2 swim sessions per week is not enough according to some folks but it fit my goals nicely. (see above).2) Some of the bike and run workouts are longer the other half iron training program IÃƒÂ¢Ã â ¬Ã â„¢ve seen. The longest run was 2:15 (about 14 miles for me) and the longest bike was 4:15 (about 70 miles). Still, come race day, I felt more than ready because of it. ItÃƒÂ¢Ã â ¬Ã â„¢s the first time during a tri that I wasnÃƒÂ¢Ã â ¬Ã â„¢t wondering why the hell am I doing this and when is it gonna be over. However, I did experience some hip pain near the end of the program so maybe it was a lot for my body to handle. Long story short, listen to your body.3) ItÃƒÂ¢Ã â ¬Ã â„¢s not personalized. I was worried about this one since IÃƒÂ¢Ã â ¬Ã â„¢ve purchased custom plans from the internet in the past with pretty good results. ÃƒÂ¢Ã â ¬Ã Å“How could a program from a book compare to an expensive, personalized program from a real coach?ÃƒÂ¢Ã â ¬Ã Â• I wondered. Well, from this experience, it compares very favorably and for a truckload less money. You could buy an aero

helmet with the money you save.Just one additional point. I was a bit rusty since I slacked so bad in the off season, so I decided to do the first week of the intermediate program for a month to prepare myself for the 16 week program. This turned out to be a very good idea. So I essentially turned this 16 week program into a 20 week program. You may not need to do that but I thought I would just throw it out there.In summary, this book was exactly what I needed to prepare for my first ever half ironman. I highly recommend it. I would have been happy with 6:20 but my secret dream goal that I didnÃƒÂ¢Ã â ¬Ã â„¢t anyone about was to break 6hrs. I demolished even my dream goal by 20 solid minutes! I never felt so great after a tri in my life. If you got through this review, then youÃƒÂ¢Ã â ¬Ã â„¢ll have no problem with a half ironman. I hope it helped and may you demolish your dream goal too!

I've been working with Don as a coach for marathon training for the last year and a half and was able to achieve a five minute pr at the 2013 NYC marathon despite difficult conditions. What I like about Don and it comes through clearly in his books, is that he keeps it simple without dumbing down. There are an incalculable number of variables involved in distance training and it is important to maintain a sense of the big picture. In his latest book there is a great deal of useful practical information on all the aspects of triathlon presented in a clear easy to understand manner. Everything is in there. You're not going to get a lot of diagrams on metabolic processes ala Joe Friel but what you will get is a book that has all the info you need and just as importantly exudes a true love of endurance sports as a vital part of a healthy lifestyle. He's a real enthusiast. After reading it I was inspired to start training for my first triathlon!

I was a huge fan of the author's full IM training book, so I purchased the half IM training book to see if there were any good training tips to add to my half IM training regime. Interestingly enough, the recommended training schedule (particularly on the run leg) was almost as much as the suggested advanced training schedule set forth in the full IM training book. So from that standpoint, I was disappointed that there was not training tips to become more efficient in time spent on run training. Not many folks can devote 16 hours per week to train for a half IM (nor is 16 hours required for a good finish time).

Amazing book, it has transformed my workouts and thoughts on racing Ironman 70.3. The time management techniques are my favorite part. The workouts have a lot of variety and the plan makes it easier to balance family, work and triathlon.

Well written training plan for the 70.3 distance. Training plans for the compete to complete, intermediate age grouper and the competitive triathalete.

I appreciate the simplistic approach to this. I enjoyed the organized and straight-forward plans and easy, no nonsense heart rate training formulas and guidance. The advice and tips throughout this book were solid and sensible. I just finished this book and am into my fourth week of training for my first 70.3. I have a half dozen sprint and Olympic distance races under my belt and am looking to take it to the next level. This book has helped me get organized and move forward with a solid plan.

this was really helpful - a lot of hard information on the process of training for a 1/2 Iron - I'm hoping to complete my first one this year (I'm 66, so not as easy as would have been years ago) and the parts on nutrition and how to keep going are really helpful.

Great price, super informative, concise and to the point. Very hands on. I take it with me everywhere, and made copies to have in my triathlon training bag. Get it, you will not regret it!I will be getting the full ironman book by Don when I start the full M-Dot training !

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