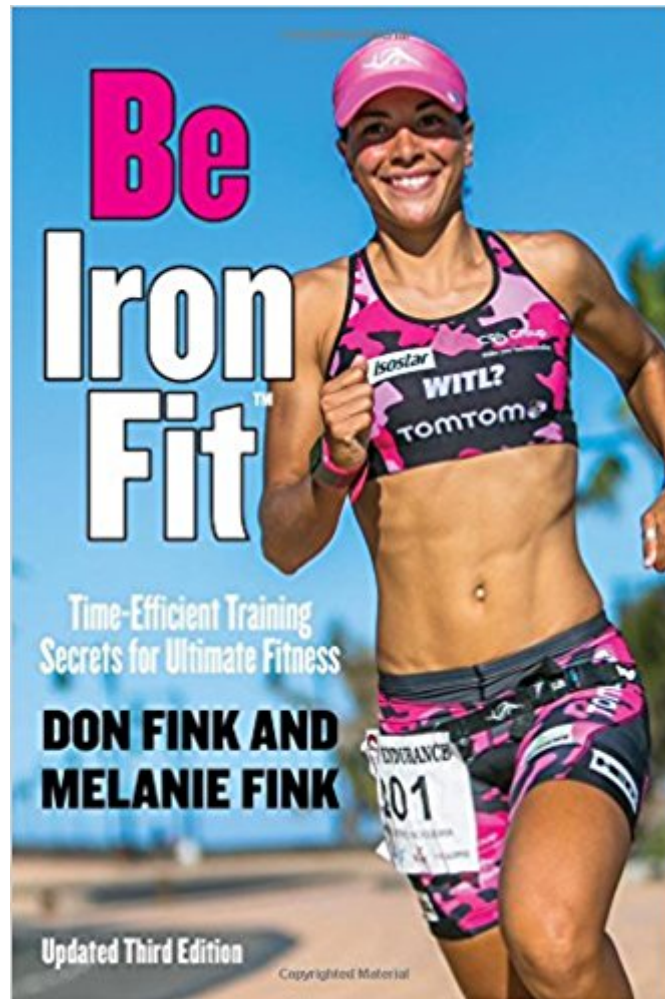


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# Be IronFit: Time-Efficient Training Secrets For Ultimate Fitness



## 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 dreamsâ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

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Average Customer Review: 4.9 out of 5 starsÂÂ See all reviewsÂ (15 customer reviews)

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## Customer Reviews

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.

Used the second edition for first my first Ironman in 2014. Will be using the third edition for my second Ironman in 2016! Fantastic book for your every day working triathlete with other major

responsibilities and priorities. I'm a father of two who works full time and found the plans in this book to work extremely well for me and my busy schedule. The methods and concepts introduced are very simple and easy to follow yet yield great results! In addition to the great plans Don and Melanie offer up a host of other great information and advice that will give you the confidence to complete, and crush, a 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.

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 purchased this book because TNT was not supporting CDA. It was fantastic. I trained at the intermediate level, but missed a few workouts due to work travel constraints. Happy to say I finished with plenty of time, I had a great time, and no injuries. I even recovered well after. Thank you Finks!

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.

A good program for all levels. Keeps me on track and is a good read

Helping me on my 3rd Ironman after 13 years!

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