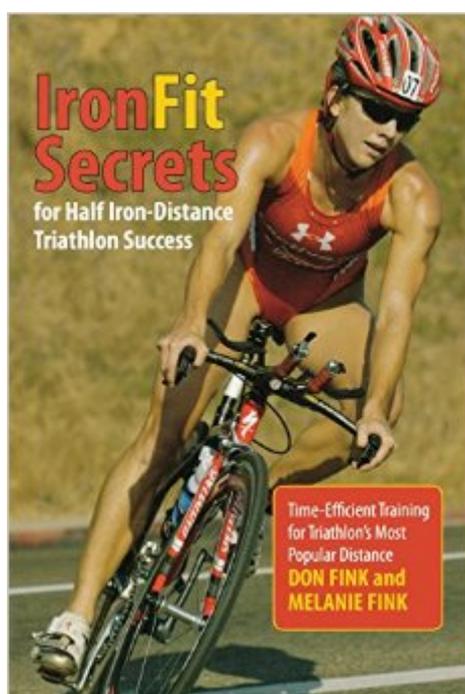


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# IronFit Secrets For Half Iron-Distance Triathlon Success: Time-Efficient Training For Triathlon's Most Popular Distance



## 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 it's 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 athlete's 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 programs: "Competitive, Intermediate, and "Just Finish" 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 world's most popular triathlon challenge.

## Book Information

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## Customer Reviews

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 I'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! I'm still on cloud 9 just thinking about

it! For a little background, I'm a middle of the pack age-grouper and have done about 4 olympics and 12 or so sprints so, as you can see, I'm no Dave Scott. My Oly PR is 2:57 and I trained hard for that using a personalized online program. So, let'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 it's all very clearly explained. 2) It's time-based instead of miles-based. This makes time management for busy people like us much easier. Of course, if you'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 your fitness). This is what I did which I'll explain later. 3) It's designed with a great degree of flexibility built right in. I used the "intermediate" program which includes 2 rest/slide days. These "slide" days and where they occur are the key. Every Friday and Monday are rest/slide days.

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