



Be Iron-Fit: Time-Efficient Training Secrets for Ultimate Fitness

Don Fink

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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
- 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
- And much more

With the proper preparation and training techniques explained here, virtually anyone can attain supreme fitness.

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The reserve untitled Be Iron-Fit: Time-Efficient Training Secrets for Ultimate Fitness is the guide that recommended to you to read. You can see the quality of the book content that will be shown to you actually. The language that author use to explained their way of doing something is easily to understand. The author was did a lot of analysis when write the book, hence the information that they share to you personally is absolutely accurate. You also will get the e-book of Be Iron-Fit: Time-Efficient Training Secrets for Ultimate Fitness from the publisher to make you considerably more enjoy free time.

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