

## Be IronFit: Time-Efficient Training Secrets for Ultimate Fitness (Paperback)

By Don Fink, Melanie Fink

ROWMAN LITTLEFIELD, United States, 2016. Paperback. Condition: New. 3rd Edition. Language: English . Brand New Book. 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 dreams-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.





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