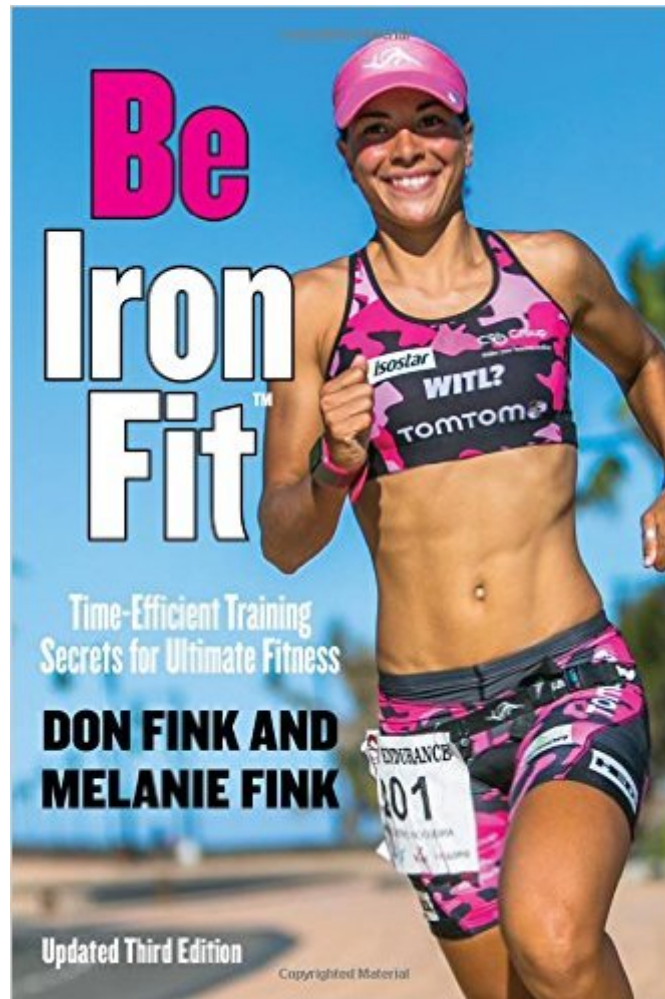


The book was found

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

Paperback: 304 pages

Publisher: Lyons Press; 3 edition (January 1, 2016)

Language: English

ISBN-10: 1493017829

ISBN-13: 978-1493017829

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

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

Best Sellers Rank: #25,812 in Books (See Top 100 in Books) #9 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Triathlons #12 inÂ Books > Sports & Outdoors > Individual Sports > Triathlon #57 inÂ Books > Sports & Outdoors > Coaching > Training & Conditioning

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!

[Download to continue reading...](#)

Be IronFit: Time-Efficient Training Secrets for Ultimate Fitness IronFit Secrets for Half Iron-Distance Triathlon Success: Time-Efficient Training For Triathlon's Most Popular Distance Be Iron Fit: Time-Efficient Training Secrets For Ultimate Fitness IronFit Triathlon Training for Women: Training Programs and Secrets for Success in all Triathlon Distances Puppy Training: How To Train a

Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training,Puppy training, Puppy house training, Puppy training ... your dog,Puppy training books Book 3) Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books) Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) The Ultimate Guide to Weight Training for Racquetball and Squash (The Ultimate Guide to Weight Training for Sports, 18) (The Ultimate Guide to Weight Guide to Weight Training for Sports, 18) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) Ideal Protein Cookbook - The Ultimate Guide in Protein for Fitness Health and Wellness: The Ultimate Guide in Protein for Fitness Health and Wellness Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body (Bodybuilding Books, Building Muscle, Weightlifting, Fitness Training, Weight Training, Lose Fat Book 1) Running: The Ultimate Guide To Running For Weight Loss, Health And Fitness - Includes Easy To Follow Training Plans For Beginners (How to Run, Jogging, Marathon Training) Ultimate Warrior Workouts (Training for Warriors): Fitness Secrets of the Martial Arts PUPPY TRAINING: DOG TRAINING: Crash Course in Training Your Dog in Days, Housebreak and Obedience Puppy Training Guide Book Puppy Training: How to Housebreak Your Puppy In Just 7 Days (puppy training, dog training, puppy house breaking, puppy housetraining, house training a puppy,) Brain Games for Dogs: Training, Tricks and Activities for your Dog's Physical and Mental wellness(Dog training, Puppy training,Pet training books, Puppy ... games for dogs, How to train a dog Book 1)