



Amaze Yourself: A Guide to Completing Your First Iron-Distance Triathlon

By Anthony Epp

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.DISCOVER::: A Step-By-Step Method to training for and completing your first IRON-DISTANCE TRIATHLON Ever dreamed about doing the Ironman or Challenge Triathlon? Combining a swim of 2.4 Miles (3.8 kilometres) in a lake or ocean, a bike ride of 112 Miles (180km), and then a MARATHON run of 26.2 miles (42.2 kilometers) seems impossible. But it isn't. The truth is you CAN accomplish one of the toughest endurance races on the planet. You just need a simple plan and some guidance. Simple Strategies + Your Time = Your First Ironman Triathlon Finish You're about to discover how to build from your first 10k running race to a full iron-distance triathlon in 12 months. Here's a secret: I believe that anybody, with the right approach and support, can complete an Iron-Distance (the term used to describe an Ironman, Challenge Family or any triathlon with a 2.4 mile swim, 112 mile bike, and 26.2 mile run) triathlon. It requires a series of actions that you take each and every day. The work begins 12 months before when...



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