



Timex Flix Ironman Triathlon Manual

Sean Lerwill



Timex Flix Ironman Triathlon Manual:

The Spiritual Ironman 40 Day Training Manual, 2014-06-01 There is an athletic competition called The Triathlon This classic race is a series of long distance races organized by the World Triathlon Corporation WTC consisting of a 2 4 mile swim a 112 mile bicycle ride and a marathon 26 2 mile run all raced in that order and without a break It takes a specially trained person to participate in the triathlon That s why they are known as ironmen Athletes don t wake up one morning and just run the triathlon they train The Spiritual Ironman 40 Day Training Manual was written with the intent of starting you on a journey to self improvement Training your physical body is good but you must also train your spiritual man This forty day journey will empower you and push you into becoming the man God called you to be So are you ready for the challenge Start your training today

Haynes Triathlon Manual Sean Lerwill, 2013 Interest in triathlon has vastly increased in recent years and this is now one of the most popular ways of getting fit Most people approach the sport with experience of one discipline and then master the other two over time This all encompassing manual is aimed at both newcomers who have decided to give triathlon a go and those who have already tried one or two triathlons and wish to improve It looks at each sport separately before combining all three in preparation for competitions at all levels from local sprint triathlons to grueling Ironman events Covering everything from nutrition and motivation to injuries and conditioning training the Triathlon Manual will encourage readers to train compete and gain a real sense of achievement Page 4 of cover

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