

Ironstruck ... the Ironman Triathlon Journey

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✓ Verified Book of Ironstruck ... the Ironman Triathlon Journey

Summary:

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Beginner Triathlete or Novice Ironman? IRONSTRUCK- an inspirational, common sense guide that may be the key to your success in crossing the Ironman finish line. This book is for all those who have been touched by the Ironman challenge. For those from all walks of life and all levels of athletic ability who seek inspiration and common sense advice. --Find what an Ironman diet might include and what vitamins can enhance training, recovery and endurance. --Learn how to survive the swim without stress or fear. --Read how to remain calm and maintain focus in race week when the hype can be overwhelming. --Learn to use a heart monitor in training to teach your body to burn fat for fuel and increase endurance. --Understand how over training can lead to injury and poor performance on race day. --Find out the 10 most common first Ironman mistakes. ""Ironstruck"" will be your faithful companion during training and will remain your guide as you journey toward that distant finish line.

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