

Going Long: Training for Ironman-Distance Triathlons

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✓ Verified Book of Going Long: Training for Ironman-Distance Triathlons

## Summary:

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This book guides weekend triathletes in getting the most out of their training time and helps serious triathletes get maximum physical and mental benefit from training. Chapters cover the basics of training and fitness; training specifics for swim, bike, and marathon; mental strategies; and more. Sample training plans, photographs, charts, tables and case studies are also included.

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