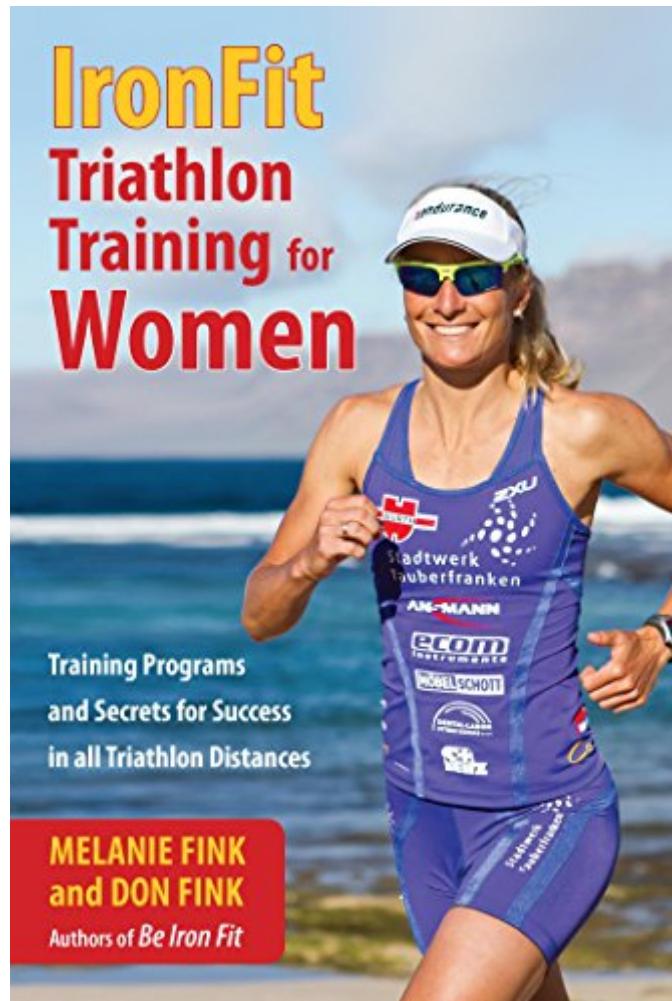


The book was found

IronFit Triathlon Training For Women: Training Programs And Secrets For Success In All Triathlon Distances



Synopsis

Providing exactly what the fastest growing segment of the triathlon world yearns for, Melanie and Don Fink have created a complete training guide for women triathletes with highly efficient, easy-to-follow, multi-distance training programs. Women encounter all the same challenges as men in their triathlon training and racing, but there are a host of issues unique to them, issues about which most men don't have a clue. From the stay-at-home mom to the professional woman, female triathletes face societal expectations, and unique physical and emotional concerns. Until now, there has been never been a go-to source of information and guidance. IronFit Triathlon Training for Women arms the woman triathlete with everything she needs to know to persevere and lays out exact step-by-step training programs to help her to achieve her goals. This book includes three training programs designed for women at the Sprint/Standard (a/k/a "Olympic") Distance, Half Iron-Distance, and Full Iron-Distance. Each program is presented at three levels: Competitive, Intermediate, and "Just-Finish." The reader can select the program for the race distance she wants to train for and the exact level, based on her individual competitiveness, experience, and available training time.

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Customer Reviews

I love Don Finks approach to training. His wife partnered with him to bring the female point of view to this book. I bought some of his other books but this one if focused on the effects of training for women specifically and includes training plans from sprint to full ironman. Its a combination of several of his other books in one condensed version.

Love this book! It's great advice and information for me, training for my first 70.3, but can be used by any athlete (beginner to competitive) interested in a good, solid, easy-to-follow plan for any distance race.

Would be good for someone very novice to exercise. A few pearls for those more experienced athletes but I would not buy again.

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