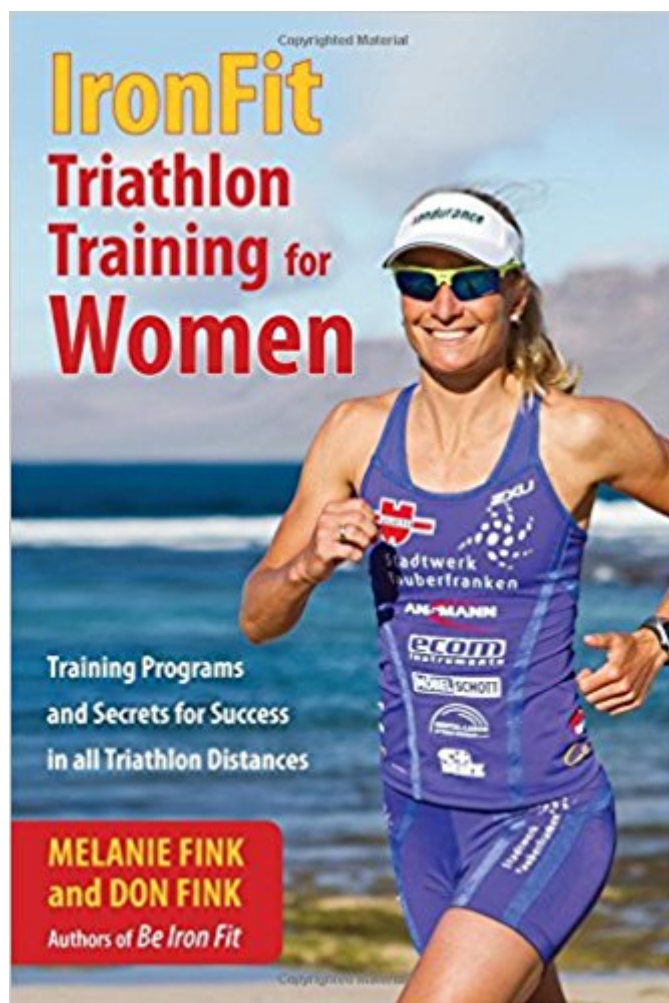


The book was found

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.

Book Information

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Customer Reviews

"Reading this book makes me wish I were starting triathlons now rather than in the 1980s. The information would have saved me a decade or two of trial and error! The strength routines outlined are cutting edge, practical, and efficient . . . and essential for those endurance athletes seeking peak health and performance." --Karen Smyers, Hawaiian Ironman World Champion on IronFit

Strength Training and Nutrition for Endurance Athletes

Melanie and Don Fink of IronFit™ (IronFit.com) have trained athletes on five continents to personal records and breakthrough performances. The author of *Be IronFit, 2nd Ed.: Time-Efficient Training Secrets for Ultimate Fitness* and *Mastering the Marathon: Time Efficient Training Secrets for the 40-plus Athlete* (both from Lyons Press), Don has raced more than thirty Iron-distance triathlons, Ultraman, and other contests and has recorded age-group victories and course records. Melanie is Regional Council Member of USA Triathlon Mid-Atlantic, has raced 12 Iron-distance races, Ultraman, and has age group and overall victories in triathlon, running and open water swimming competitions throughout the world. They live in Morris County, New Jersey.

I love Don Fink's 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 is focused on the effects of training for women specifically and includes training plans from sprint to full ironman. It's a combination of several of his other books in one condensed version.

As a newbie triathlon athlete, this training book really helped ease some of my concerns, highlight issues I wasn't aware of, and provide excellent training plans. I love that the "just finish" plan is low intensity enough for a beginner but it has higher intensity levels if I decide to kick it up a notch or for more experienced athletes.

Great book. Spells everything out

Great book for beginner Iron(wo)men!

Great book!

love it!

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

Very informative and helpful! I highly recommend to all Tri Athletes..

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