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Ironfit Triathlon Training for Women: Training Programs and Secrets for Success in All Triathlon Distances

By Don Fink, Melanie Fink

ROWMAN LITTLEFIELD, United States, 2015. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book. 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...



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