



Amaze Yourself: A Guide to Completing Your First Iron-Distance Triathlon

Anthony Epp

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DISCOVER::: A Step-By-Step Method to training for and completing your first IRON-DISTANCE TRIATHLON

Ever dreamed about doing the Ironman or Challenge Triathlon? Combining a swim of 2.4 Miles (3.8 kilometres) in a lake or ocean, a bike ride of 112 Miles (180km), and then a MARATHON run of 26.2 miles (42.2 kilometers) seems impossible. But it isn't. The truth is you CAN accomplish one of the toughest endurance races on the planet. You just need a simple plan and some guidance. **Simple Strategies + Your Time = Your First Ironman Triathlon Finish** You're about to discover how to build from your first 10k running race to a full iron-distance triathlon in 12 months. Here's a secret: I believe that anybody, with the right approach and support, can complete an Iron-Distance (the term used to describe an Ironman, Challenge Family or any triathlon with a 2.4 mile swim, 112 mile bike, and 26.2 mile run) triathlon. It requires a series of actions that you take each and every day. The work begins 12 months before when you take your first run, and each day/week/month builds on itself towards your ultimate goal... Finishing the race in under 17 hours Happy, Healthy and Smiling!

Here Is A Preview Of What You'll Learn...

- Where to start with your training
- How to "Level Up"
- Basic equipment to buy so you don't break the bank
- Adding Biking and Swimming to your training
- Safety tips for a healthy and safe race
- Race day tips
- Nutrition advice
- Easy-to-follow checklists so you don't have to worry if you've forgotten something
- Much, much more!

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Linda Haag:

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Grady Long:

Spent a free a chance to be fun activity to try and do! A lot of people spent their down time with their family, or their very own friends. Usually they undertaking activity like watching television, gonna beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Will you something different to fill your personal free time/ holiday? Could be reading a book can be option to fill your cost-free time/ holiday. The first thing you will ask may be what kinds of e-book that you should read. If you want to test look for book, may be the guide untitled Amaze Yourself: A Guide to Completing Your First Iron-Distance Triathlon can be very good book to read. May be it might be best activity to you.

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Adam Hay:

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