



## IronFit Secrets for Half Iron-Distance Triathlon Success: Time-Efficient Training For Triathlon's Most Popular Distance

By Don Fink, Melanie Fink

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Why is the Half Iron-Distance the most popular triathlon distance? Because it is the perfect length for busy athletes with demanding career and family responsibilities. Full Iron-Distance races require such painstaking planning and sacrifice that it's difficult to keep life in balance. The Half Iron-Distance is accessible, while remaining challenging.

Also known as the "70.3" for the sum of its 1.2 mile swim, 56 mile bike ride, and 13.1 mile run, the half-iron triathlon is not simply a race for which an athlete can use a full-iron training regimen chopped in half. Doing so would in no way approach maximizing an athlete's performance. The races are performed at completely different intensity levels, with completely different approaches. As a result, the training is completely different. *IronFit Secrets to Half Iron-Distance Triathlon Success* does for the half-iron what *Be IronFit* has done for the full-iron. It provides three sixteen-week training programs—Competitive, Intermediate, and "Just Finish"—and details everything an athlete needs to know to successfully prepare for and maximize performance at this racing distance. In as little as four months, any athlete can be physically and mentally ready for the world's most popular triathlon challenge.

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- Sales Rank: #79073 in Books
- Brand: imusti
- Published on: 2014-01-14
- Original language: English
- Number of items: 1
- Dimensions: 8.90" h x .70" w x 6.00" l, .85 pounds
- Binding: Paperback
- 256 pages

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### Editorial Review

About the Author

**Don and Melanie 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 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.

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