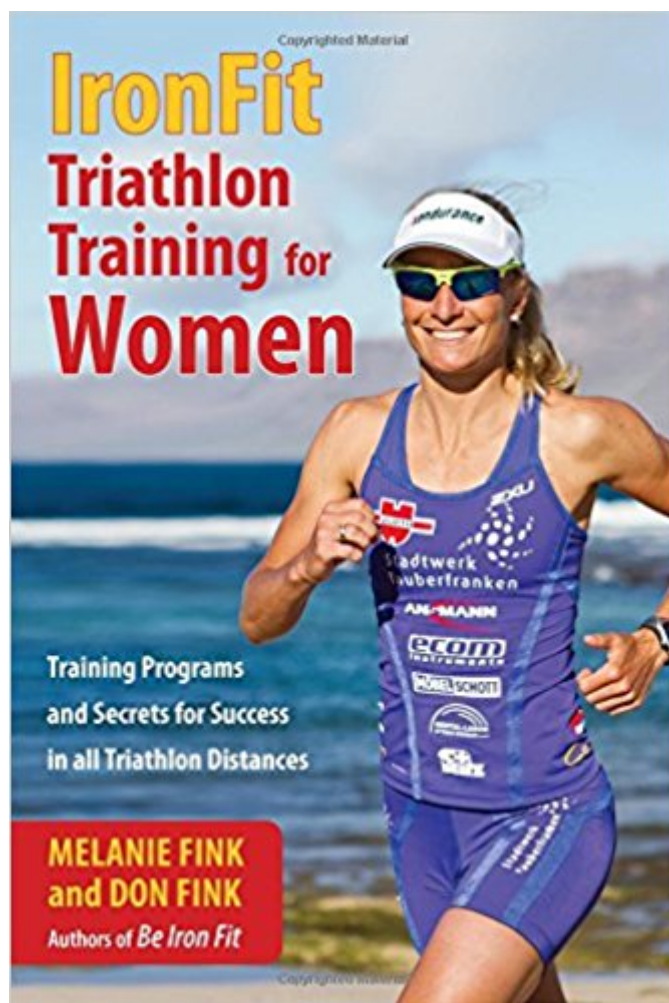


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# IronFit Triathlon Training For Women: Training Programs And Secrets For Success In All Triathlon Distances



## 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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