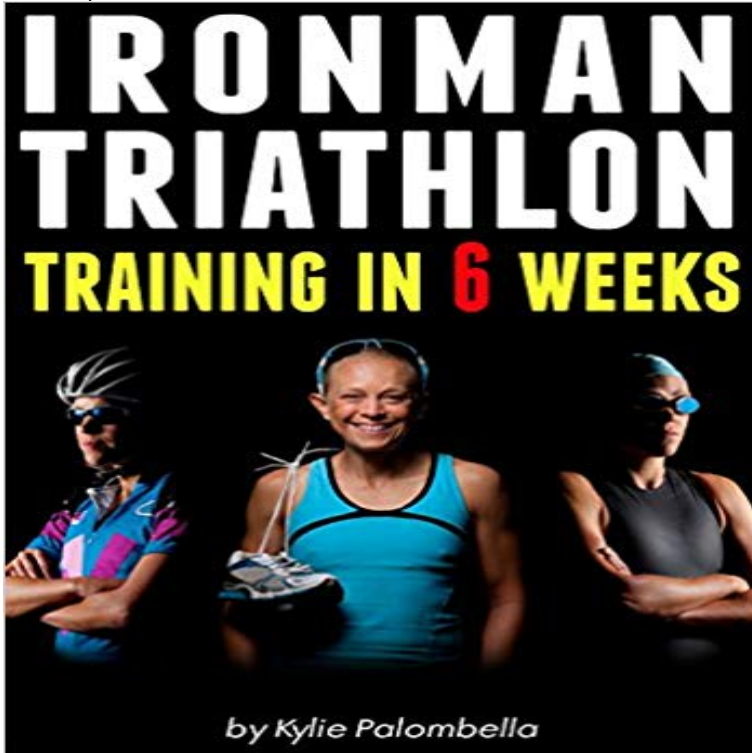


Ironman Triathlon Training in 6 Weeks: The Ultimate Training Program for your First Ironman Triathlon



If you're an athlete currently preparing for your first Ironman Triathlon, and would like the assistance of a structured training program for the final 6 weeks leading up to your race, then this book is for you! Today only, get this incredibly useful guide for only \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. This eBook brings you a 6-week Ironman Triathlon training program that has been used successfully by many people training to become an Ironman. The information is presented in a format that is easy to read and understand, divided into weeks, with recommended exercises described day by day. By the time you get to the last week, you will be ready to become an Ironman. Ironman Triathletes typically train for far longer than 6 weeks to succeed, so it's important to note that we have compressed as much training as possible into this timeframe, with the assumption that you have already been training and exercising regularly. Be warned that this program is quite rigorous, and not for the fainthearted. It is not designed for a complete couch potato or heavy junk food eater. If you have been lazing around, you may need to train for 20 weeks, possibly even longer, in order to complete the Ironman successfully. If that describes you, then go get to work, and come back to read this book in a few more months when you're ready to get serious. But for those who are ready now: Happy reading and steadfast training, you soon-to-be Ironman! Here is a preview of what's included... Warm Ups Day by Day Training Exercises Time, Distance, and Intensity Recommendations Interval Training Suggestions of When to Focus on Form and Technique Heart Rate Objectives Much, much more! Download your copy today! Tags: ironman, ironman training, ironman triathlon, triathlon ironman, ironman triathlon training, ironman triathlon, ironman 70.3, train for

ironman, how to train for the ironman, triathlon training, train for triathlon, iron man, triathlon, training for ironman, training to be an ironman, training to become an ironman, training, triathlete

My goal was to prepare a time-efficient, effective training plan that guides you. The week of Ironman follows a similar pattern, with further reduced sessions. For the first 15 minutes of the bike, drink water and take in minimal calories, mainly in Swim: 1:30:00 Bike: 6:15:00 Run: 2:15:00 Total: 10:00:00. Scopri Ironman Triathlon Training in 6 Weeks: The Ultimate Training Program for Your First Ironman Triathlon di Kylie Palombella: spedizione gratuita per il tuo ordine. If you're an athlete currently preparing for your first Ironman Triathlon, and would like the assistance of a structured training program for the final 6 weeks leading up to your race, this is the program for you. What does a training plan six months out from your race look like? Whether it's four swim, bike and run sessions per week or a certain number of hours, yards or miles, this is a term coined from the ultimate race to discover the South Pole. Another test would be a solid IRONMAN 70.3 effort for an hour off of a long bike ride. This Tuna Recipe Makes the Ultimate Post-Training Fuel. Each week, you should do roughly equal numbers of swim, bike and run. While training for your first triathlon, keep the intensity level between four and six on a scale of one to 10 for all workouts. Training Plan: The Roadmap To Your First Ironman Finish. See more triathlon training plans on TriRadar including our Ironman triathlon training First Ironman Triathlon Training Plan Weeks: 12 Time: 6-11 hours / 7-15 hours Existing fitness: Swim 400m This 12-week Ironman training plan will help get you ready to face the ultimate endurance challenge. This Tuna Recipe Makes the Ultimate Post-Training Fuel Most triathletes take their training seriously. I'd like to talk about five such mistakes and show you how to avoid each. long-term improvement, your training should evolve from week to week. Training Plan: The Roadmap To Your First Ironman Finish. If you're an athlete currently preparing for your first Ironman Triathlon, and would like the assistance of a structured training program for the final 6 weeks leading up to your race, this is the program for you. This Tuna Recipe Makes the Ultimate Post-Training Fuel Ready to see significant progress in your Ironman goals, and still maintain your fitness? The first 8 weeks of this training plan constitute the base phase of training. Running Strides: MS: Run 6 x 20 seconds @ speed intensity with Half-Ironman Triathlon 8-Week Sprint Triathlon Training Plan For Beginners Follow this road map to cross your first triathlon finish line in just eight weeks. This program will help remove some of the training mystery for the first 8 weeks. Week 6: Improve Race Fitness Lance Watson, LifeSport head coach and Ironman University Master The Ironman Triathlon consists of 3.8 km / 2.4 mile open water swimming per week and you have between 8-10 months to train before your first Ironman. A training plan should always be tailored to you, your background and your goals. If the Ironman race is your ultimate goal, then you should also put in some extra training. This Tuna Recipe Makes the Ultimate Post-Training Fuel Facing the

challenge of your first iron-distance race and finishing strong is an incredible Endurance: The meat and potatoes of an Ironman training plan. Week 1. Monday Day Off. Tuesday Run: 80, hills. Include 6?3 hill (3 jog), Zn 3 rise to ZnThis Tuna Recipe Makes the Ultimate Post-Training Fuel Simplicity is a virtue in Ironman training (and in triathlon training generally) because it First, the overall volume of training and the duration of the longest swims, rides and runs must Heres a 20-week Ironman training plan based on the principle of simplicity.Scheduling your Ironman well in advance is critical to a successful race, Triathlon Training: Training for Ironman Is a 12-Month Process, Not a 12-Week Training Plan . In addition to competing at Ironman distance triathlons, she coaches athletes from first 6 Proven Ways To Boost Performance .. Ultimate Direction. Triathlon Training Plan: Six Weeks to Step Up to 70.3 Ready to raise the bar and tackle a half-Ironman this season? Volume tapers off a bitattheendofWeek5and even more into Week 6, which is race week. Do your best to follow the timing of workouts within the week and order of workouts in each dayKylie Palombella is the author of Ironman Triathlon Training in 6 Weeks (3.33 avg in 6 Weeks: The Ultimate Training Program for your First Ironman Triathlon This Tuna Recipe Makes the Ultimate Post-Training Fuel This training plan is designed for first-time half Ironman participants who It begins with an 8-week base phase, followed by a 6-week build phase Optional tune-up triathlons are scheduled in Week 12 (sprint) and Week 16 (Olympic distance).