



# Be Iron Fit: Time-Efficient Training Secrets For Ultimate Fitness

*Don Fink*

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## **Be Iron Fit: Time-Efficient Training Secrets For Ultimate Fitness** Don Fink

Ever dream of being an elite endurance athlete and competing in races like Hawaii's Ironman? Professional athletes are not the only people who have the ability to attain superior athletic accomplishments. Every season tens of thousands of amateur triathletes compete head-to-head, pushing their physical and mental strength to the absolute limits. The standard Ironman competition is a true test: a 2.4-mile open-water swim, followed by a 112-mile bike leg, and a 26.2-mile marathon run.

Sought-after multisport coach, Don Fink assures readers that the challenge is not too difficult, the dream is not impossible. His time-efficient training methods have been honed over the years and have been proved to aid anyone in achieving their athletic dreams. *Be Iron-Fit* provides practical training information in a step-by-step, enjoyable way so that even everyday athletes can attain ultimate conditioning.

Included in this revolutionary guide is information on:

- The essential workouts
- The training cycle
- Core training
- 12-week training programs
- Effective time management
- The principle of gradual adaptation
- Effective heart-rate training
- Preparing with training races
- Proper technique
- Equipment tips
- Race and pre-race strategies
- Mental training
- Effective goal setting and race selection
- Nutrition
- And much more

With the proper preparation and training techniques explained here, virtually anyone can attain supreme fitness.

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Why? Because this Be Iron Fit: Time-Efficient Training Secrets For Ultimate Fitness is an unordinary book that the inside of the reserve waiting for you to snap the item but latter it will shock you with the secret this inside. Reading this book next to it was fantastic author who all write the book in such amazing way makes the content inside of easier to understand, entertaining means but still convey the meaning completely. So , it is good for you for not hesitating having this any longer or you going to regret it. This book will give you a lot of advantages than the other book include such as help improving your talent and your critical thinking method. So , still want to hold up having that book? If I had been you I will go to the publication store hurriedly.

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