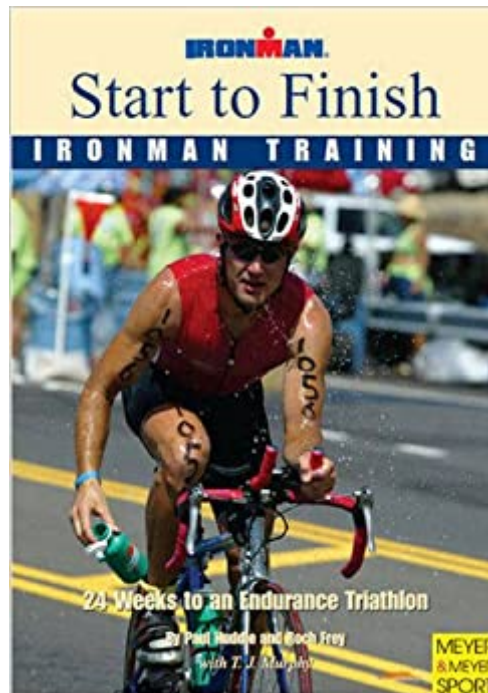




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# Start To Finish Ironman Training 24 Weeks To An Endurance Triathlon



## Synopsis

Okay, you've finished your first short distance triathlon. Now it's time to up the ante and go further and faster. Paul and Roch are up to the challenge. Longer workouts, balancing work, family and training, adding speed work, recovery and the mental game are all essential when you decide to move up to the Olympic and then half Ironman distance. No one has more training or racing experience than Roch and Paul. They will get you to your target race healthy, happy and ready for more. Guaranteed. Since 1994, Paul Huddle's personal coaching business, Mining Iron, has grown into one of the most respected comprehensive training services, assisting multi- and single sport endurance athletes in achieving their goals. Currently a partner in mulitsports.com, Paul is also a USA Cycling certified Elite Cycling Coach, and an assistant coach with UCSD's Master's Triathlon Club. Paul got his B.S. in Food Science from the University of Arizona but earned his "Masters" and "Ph. D." in the sport of triathlon as a professional from 1983 to 1994.

## Book Information

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## Customer Reviews

Roch Frey has been involved with the sport of triathlon for the past twenty years and has been bringing this valuable experience for the past ten years into his personal coaching. A former professional triathlete from Canada who's coaching expertise has becoming world renown among the very best in the sport. Roch is currently coaching all levels and ages of multi-sport athletes from beginner to professional athletes including Heather Fuhr, 1997 Ironman Hawaii Champion and Peter Reid, 1998 and 2000 Ironman Hawaii Champion. In cooperation with Bob Babbitt.

I bought this book several years ago with the intention to do an Ironman sometime in the future. For the last 4 years I was reading the book on and off. Last year I decided to signed for the 2010 Florida Ironman. I used this book as my primary coach (in my case focusing more on the bike and running sections,). The plan is great, easy to understand (sometimes you need to go back to other sections) but in general is simple. The concept of HR training is way better than focusing on a specific pace/mile idea that I used to focused in running training.The results.... I finished my first Ironman in 10h 26min, feeling strong (marathon in 3h48min, and not walking at all)I highly recommend this book.....at the same time, you need to follow the plan

I bought this book on the net after trawling through the many books on the subject. It's always a problem when choosing a book, if will be as described by the author and fit your needs. This book is very well written and gives direct and clear information on how to train for an Ironman event. My reason for purchasing this book was to get a structure for training and it has delivered. I intend to do the Barcelona Ironman in October the rest is up to me because I believe the book should deliver! Try it yourself.

I bought this book to help me lay out a training program for my first Ironman. I didn't follow the training program exactly, but used it as a key reference. I had great success with my first Ironman after using this book and have lent it out to several friends since then to use for their Ironman training as well.

A lot of good information . Enjoyed reading this book..must have if doing this kind of training .. good. Good good.

This book helps a lot. It teaches you how to train, when to train, what sorts of things you should do, and different foods to eat. This will help you prepare. It is a great purchase.

As can be seen in the description, this book assumes its reader is already in very good physical condition as he/she is moving FROM shorter triathlons to a longer "Endurance" or Ironman event. I find it very easy to use the daily training book as a coach pushing down workouts every single day. This leaves no excuse for not getting a solid workout it.Additionally, the program is properly set up (as would be by 3 very experienced, Olympic-level Ironman athletes/coaches) with Build, IM, Hard,

Recovery, Taper and Race Week sections so as to not overtrain and to vary the intensity of the workouts. I think it's great. I'm currently on Week 13 for the second time as I'm doing Louisville this year. Enjoy!

I used this book and LOVED it! I bought the training bible book too (it was way too much info and I wasn't able to make an "action plan" from it). This book told me what to do daily and how hard to do it. I am half way through and really kicking a\*\* at my ironman training. I started my training with no base. Although I'm in shape, I had no specific swimming or biking or running for at least 5 years and this book has me right where i need to be. I follow it religiously and recommend it hihgly!

The basics of the program and the information contained within this book are solid. However it was poorly edited. Several swim work outs on the schedule are not described in the work out description section. Why would the authors assume knowledge of these workouts, yet take the time to describe other basic workouts? The formatting of the workouts left me guessing on occasion as nomenclature meaning shifted from one day to the next. There's direction to refer to chapters that do not contain the information needed. Not a perfect reference, I hope it gets me to the finish line!

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