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

Kylie Palombella

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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 it 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!

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