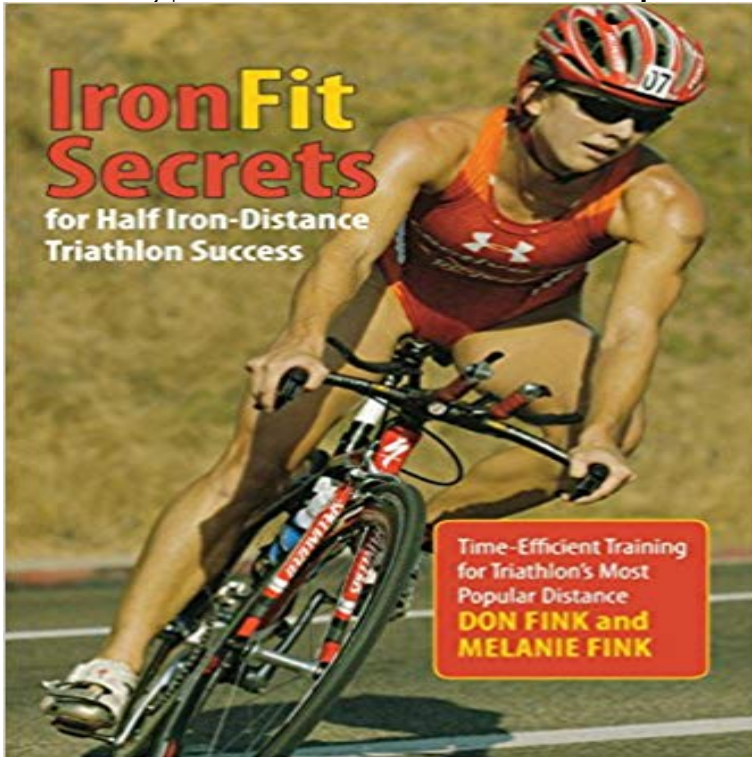


IronFit Secrets for Half Iron-Distance Triathlon Success: Time-Efficient Training For Triathlons Most Popular Distance



Why is the Half Iron-Distance the most popular triathlon distance? Because it is the perfect length for busy athletes with demanding career and family responsibilities. Full Iron-Distance races require such painstaking planning and sacrifice that its difficult to keep life in balance. The Half Iron-Distance is accessible, while remaining challenging. Also known as the 70.3 for the sum of its 1.2 mile swim, 56 mile bike ride, and 13.1 mile run, the half-iron triathlon is not simply a race for which an athlete can use a full-iron training regimen chopped in half. Doing so would in no way approach maximizing an athletes performance. The races are performed at completely different intensity levels, with completely different approaches. As a result, the training is completely different. IronFit Secrets to Half Iron-Distance Triathlon Success does for the half-iron what Be IronFit has done for the full-iron. It provides three sixteen-week training programs Competitive, Intermediate, and Just Finish and details everything an athlete needs to know to successfully prepare for and maximize performance at this racing distance. In as little as four months, any athlete can be physically and mentally ready for the worlds most popular triathlon challenge.

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