



The Simple Guide to Racing Ironman: Practical Strategies For Success

Terry L Downs

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The Simple Guide To Racing Ironman is about keeping it simple and savoring an extra-ordinary experience of racing the Ironman triathlon. Have you ever thought of attempting an Ironman triathlon and did not know where to start? Do you want to keep things simple and have a resource for the essentials to get you to the start line and then survive one of the world's hardest endurance races? Learn strategies and techniques beyond a training plan from a regular athlete and three-time Ironman finisher. In this guide you will learn: • How to get started and not feel overwhelmed by your goal of racing Ironman • How to set a strategy and keep on track • How to prepare and what is needed to get to the start line • How to deal with your own doubts while you train and race • What resources are important to get to the finish line • What to do on race day • How to handle it if things go sideways • How to savor your achievement and go beyond your Ironman experience

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