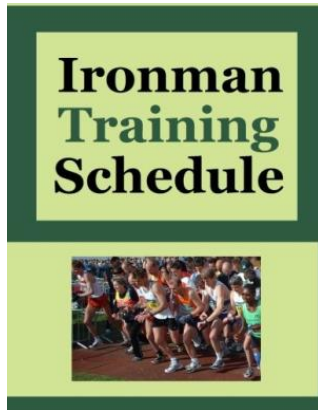


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IRONMAN TRAINING SCHEDULE



Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.This Ironman Training Schedule includes two sections. The first includes the following fill in the blank chart (enough for 6 races): -Name of Race -Type -Date -Location -Entry Fee -Registration Deadline -Goal -Results The second has 52 weeks of pages (enough for one full year of training) that includes the following to track your daily progress: -Time remaining...

Read PDF Ironman Training Schedule

- Authored by Frances P Robinson
- Released at 2014



Filesize: 2.49 MB

Reviews

This publication is definitely not straightforward to begin on looking at but quite fun to see. It really is loaded with wisdom and knowledge You will not really feel monotony at anytime of your own time (that's what catalogs are for relating to should you check with me).

-- **Twila Gutkowski**

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