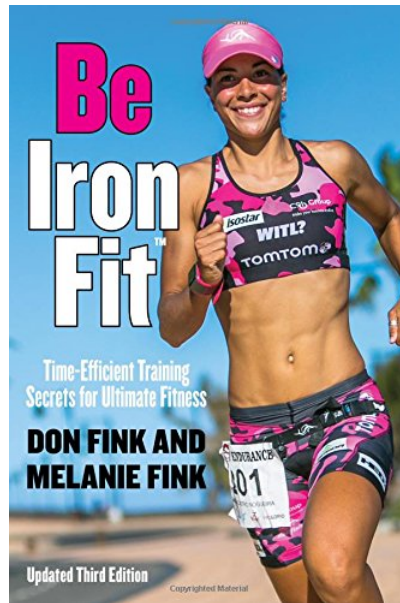


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The third edition of the best Ironman triathlon training book in the market, this updated volume contains time-efficient training methods that have been honed over the years and have been proved to aid anyone in achieving their athletic dreams—from beginners to experienced competitors. This edition contains all new training plans, new swim sessions, new athlete profiles, and state-of-the-art flexibility and core strength regimens. Be Iron Fit contains: \* The essential workouts with exercise photography \* The training cycle \* Core training \* 30-week training programs \* Effective time management \* The principle of gradual adaptation \* Effective heart-rate training \* Proper technique \* Equipment tips \* Race and pre-race strategies \* Mental training \* Effective goal setting and race selection \* Nutrition \* And much more.

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