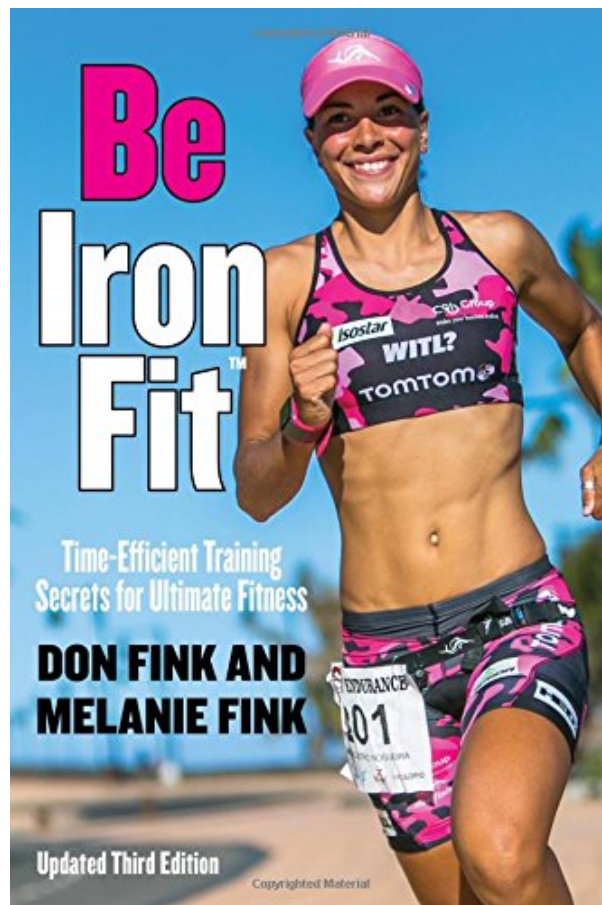
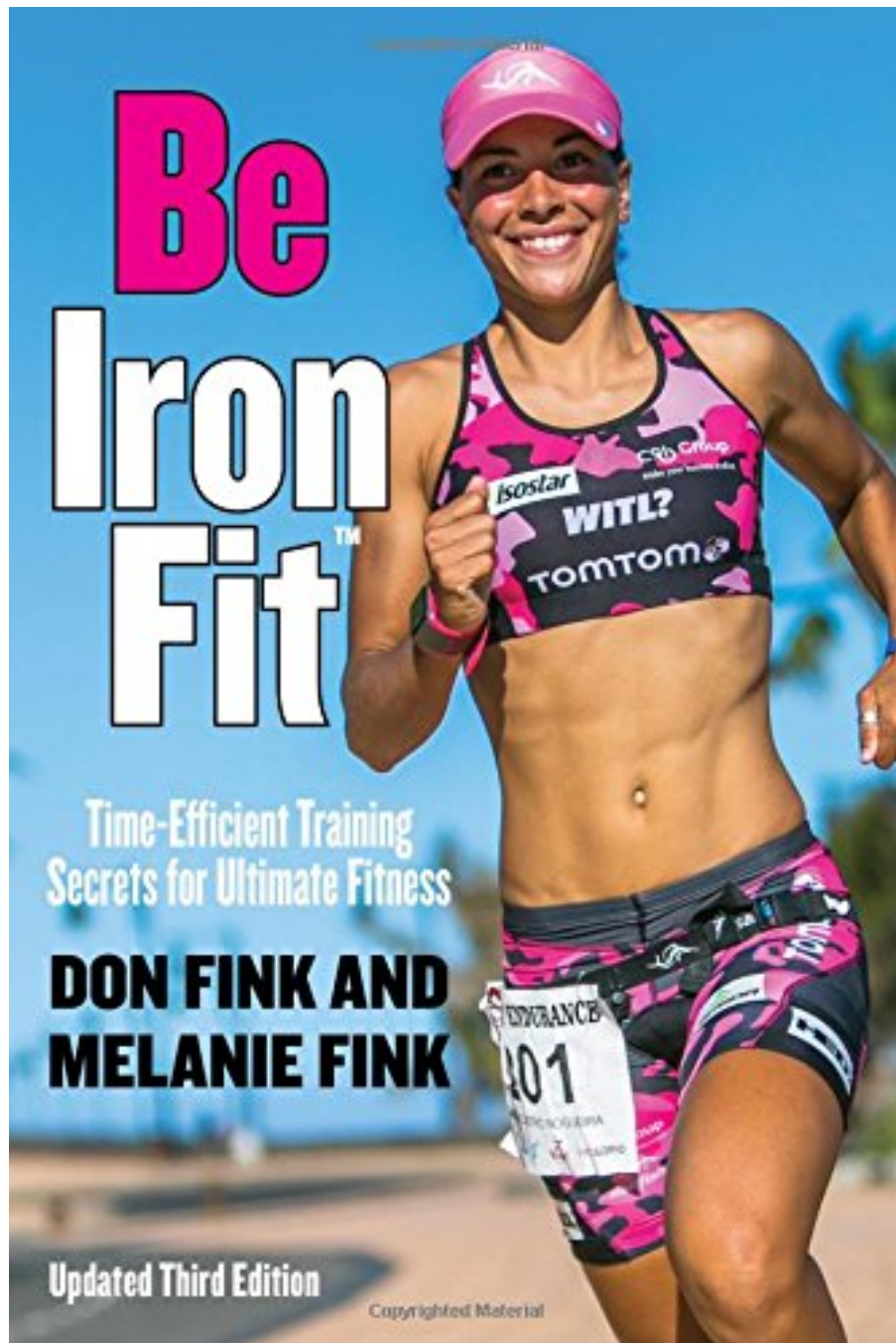


BE IRONFIT: TIME-EFFICIENT TRAINING SECRETS FOR ULTIMATE FITNESS BY DON FINK, MELANIE FINK



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Review

"Most how-to books are too technical or too shallow. Don Fink manages to pen a unique combination of information, anecdotes, and readability. I enjoyed the read and learned a few valuable tidbits in the process. Well done!" --Scott Tinley, two-time Ironman World Champion

"Don's book certainly made me think. A truly complete book for all abilities in the sport of triathlon that leaves no subject untouched." --Spencer Smith, three-time Triathlon World Champion

About the Author

Melanie and Don Fink of IronFit® (IronFit.com) have trained athletes on five continents to personal records and breakthrough performances. The author of *Be IronFit*, 2nd ed.: *Time-Efficient Training Secrets for Ultimate Fitness* and *Mastering the Marathon: Time Efficient Training Secrets for the 40-plus Athlete* (both from Lyons Press), Don has raced more than thirty Iron-distance triathlons, Ultraman, and other contests and has recorded age-group victories and course records. Melanie is Regional Council Member of USA Triathlon Mid-Atlantic, has raced 12 Iron-distance races, Ultraman, and other contests. She has age group and overall victories in triathlon, running, and open-water swimming competitions throughout the world. They live in Carroll County, New Hampshire.

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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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2 of 2 people found the following review helpful.

Fantastic book for your every day working triathlete with other ...

By Michael A.

Used the second edition for first my first Ironman in 2014. Will be using the third edition for my second Ironman in 2016! Fantastic book for your every day working triathlete with other major responsibilities and priorities. I'm a father of two who works full time and found the plans in this book to work extremely well for me and my busy schedule. The methods and concepts introduced are very simple and easy to follow yet yield great results! In addition to the great plans Don and Melanie offer up a host of other great information and advice that will give you the confidence to complete, and crush, a 140.6!

0 of 0 people found the following review helpful.

Good tips.

By Maralee Garrison

I bought this book for my husband who has been training for his very first Full Ironman, this summer. He was looking for some guidance, in regards to training and tips, to help him be successful.

He said that this book was beneficial to him in many ways, and liked it. He feels that he is better prepared for his upcoming race, in part, because of the book. He says that although the book is well written and informative, it can be a bit technical and slightly dry; however, he would still purchase the book all over again, and would recommend this to anyone training for a Full Ironman.

0 of 0 people found the following review helpful.

Amazing book with invaluable guidance on how to fulfill your ...

By Amazon Customer

Amazing book with invaluable guidance on how to fulfill your IronMan dreams, even while working full-time and raising a family. Great training options depending on your available training time and goals. I read it before my first triathlon; re-read it before my first IronMan and still relying on all the important advice as I train for IronMan #3. With Don and Mel Fink's help, I went from "can I finish?" to "how [soon] can I get to top 10 in my age group?" A must-read for anyone planning to do 70.3 or 140.6.

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