Record Nr. UNINA9910797888903321 Autore Fink Don Titolo Be IronFit: time-efficient training secrets for ultimate fitness / / Don Fink and Melanie Fink Guilford, Connecticut:,: Lyons Press,, 2016 Pubbl/distr/stampa ©2016 **ISBN** 1-4930-1783-7 Edizione [3rd ed.] Descrizione fisica 1 online resource (305 p.) Disciplina 796.42/57 Soggetti Ironman triathlons Triathlon - Training Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia Note generali Description based upon print version of record. Includes bibliographical references and index. Nota di bibliografia Acknowledgments; Introduction; CHAPTER 1 The IronFit Dream; Nota di contenuto CHAPTER 2 Effective Time Management; CHAPTER 3 The Essential Workouts: CHAPTER 4 The Training Cycle: CHAPTER 5 The Principle of Gradual Adaptation; CHAPTER 6 Effective Heart Rate Training; CHAPTER 7 Thirty-Week IronFit Training Programs; CHAPTER 8 Warm-up, Flexibility, and Core and Strength Training; CHAPTER 9 Preparing with Training Races; CHAPTER 10 Technique; CHAPTER 11 Mastering Transitions; CHAPTER 12 Equipment Tips; CHAPTER 13 Race and Pre-Race Strategies; CHAPTER 14 Mental Training CHAPTER 15 Effective Goal Setting and Race SelectionCHAPTER 16 Healthy Eating for Endurance Athletes; CHAPTER 17 Recovery, Maintenance Training, and Beyond; Appendix A Suggested Reading; Appendix B Suggested Websites; Index; About the Authors Sommario/riassunto 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.