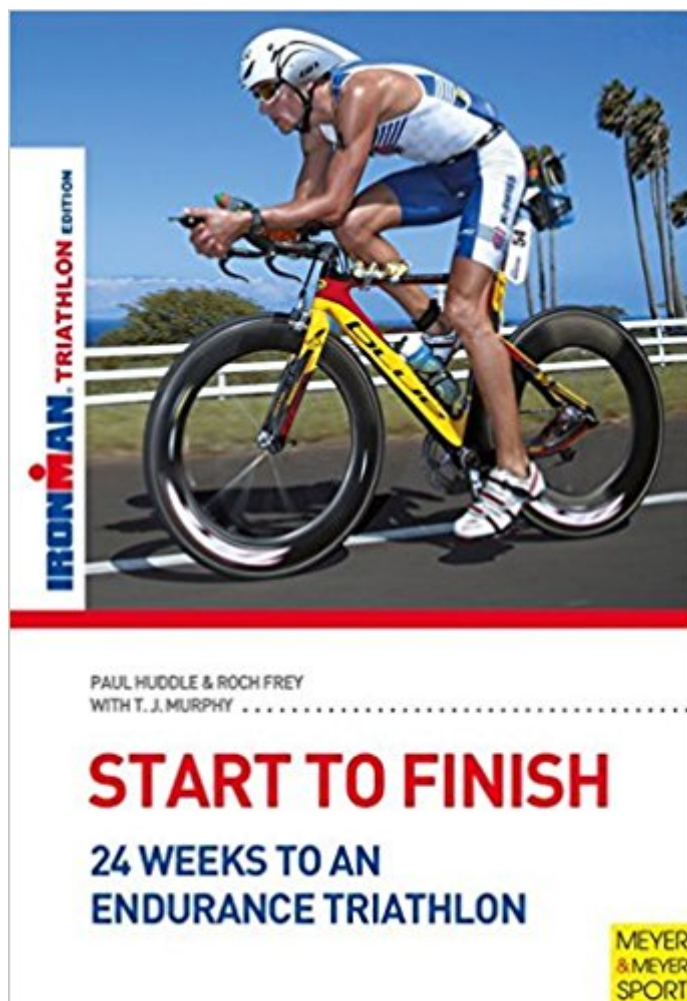




Ebook Directory
the best source of ebook

The book was found

Start To Finish: 24 Weeks To An Endurance Triathlon



Synopsis

Paul Huddle and Roch Frey show you how to move from short distance triathlon to endurance triathlons. Longer workouts, balancing work, family, and training, adding speed work recovery, and the mental game are all essential when you decide to move up to the Ironman® distance.

Book Information

Paperback: 192 pages

Publisher: Meyer & Meyer Fachverlag und Buchhandel GmbH; 3 edition (August 31, 2013)

Language: English

ISBN-10: 1782550232

ISBN-13: 978-1782550235

Product Dimensions: 0.5 x 6.5 x 9.2 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.3 out of 5 stars 37 customer reviews

Best Sellers Rank: #809,378 in Books (See Top 100 in Books) #122 in Books > Health, Fitness & Dieting > Exercise & Fitness > Triathlons #187 in Books > Sports & Outdoors > Individual Sports > Triathlon

Customer Reviews

ROCH FREY has run triathlons for over twenty years. After winning the Canadian Long Course National Championships 1993, he turned to full-time coaching and co-creator of multisports.com. PAUL HUDDLE finished well over 300 triathlons, including Ironman-distance events. As a partner in multisports.com, Huddle is involved in instruction at triathlon camps and clinics. T.J. MURPHY is now editor of CitySports Magazine in San Francisco and a regular contributor to Ironmanalive.com. He finished four Iron-man events, including the Ironman Hawaii in 2000.

I used this book as my training plan to complete my first Ironman in Wisconsin just a few days ago. I hit all of the "key workouts" as prescribed each week and rarely did any more than that. I didn't do the lifting and for the swim workouts I would typically just swim instead of doing all the drills. Using this approach I figured out I averaged around 11.5 hours per week over the course of the 24 weeks with some weeks lower and some higher (my highest volume week was 18 hours). I know people who put more time into their training but I've got a job and a couple kids, etc. so this felt like as much as I could handle. It turned out to be the perfect plan for me. It felt manageable but also left me feeling really well prepared for the race. By race day I was confident in my training and excited

to see what I could do. I finished Ironman Wisconsin in a respectable time of 11 hours 18 minutes, but more importantly to me, I felt great the entire race and was able to enjoy the day.

I picked up a trio of books to train for an Ironman, and this was the one I was least impressed with. I felt that it lacked new and fresh information (assuming you're well-versed in triathlon) and didn't offer a ton of great insights. Both of my other choices (Going Long: Training for Triathlon's Ultimate Challenge (Ultrafit Multisport Training Series) and Be Iron Fit, 2nd: Time-Efficient Training Secrets for Ultimate Fitness) were much, much better and far more helpful. I read this once and placed it aside, whereas I took the other two with me everywhere. It's not necessarily a waste to read through this book, but I found that there were much better resources out there.

I am at the end of my sixth week of training with this book and I LOVE IT!!! The specific workouts are terrific, interesting and challenging. I am training for my second IM and for my first I had a coach. But I think even if funds are limited this book would definitely bring you to the finish even if it's your first IM. It feels as if the authors are your own personalized long distance coaches as they cover most questions in the book. All I can think of is that a newbie would have to be careful not to do too much given the mandatory and optional workouts. I would definitely recommend this book and I hope they come out with another one with different workouts for my third IM!!!

Hey, it got me to the finish line of my first Ironman, so it did its job (and I did mine)! The book was very clear, and made it easy to organize your workouts. It was really a step-by-step guide to get to Ironman. It made the task manageable which is tough to imagine when you take on an Ironman. The thing that is worth mentioning is that this is the "basics" of Ironman training. It will get the job done. But if you are looking to PR, to win the whole dang thing, or to be competitive, please consider supplementing your training. Also, this book merely scratches the surface of nutrition, so make sure you plan for that in detail! Great book. My friend doing Ironman is using this now. I am confident it will get him to that Ironman finish!

I've used this book to train for 2 IM races and now going through my third. The best thing is having all your training at your fingertips so you can plan well into the future and continue to have a full life with work, family & friends. It's detailed, easy to follow, has creative swim sets, solid bike trainings, and accurate run workouts to get you to the race and to the finish line. I buy a new book each time and write all my training notes in the book. At the end of 24 weeks I have a training diary I can

review while tapering for the big day.

Great training plan unfortunately despite this being the "third edition", there are no substantive changes from previous editions. I have done 7 iron mans using this plan, and have been waiting for a real update. C'mon guys every one has moved to power based training on the bike and your four level heart rate zones are difficult to convert to the 5 level that has become standard for some time!!!

This book is designed for full distance Ironman only. For that purpose, it is a great resource. The beginning chapters explain the abbreviations and design of the workouts and the latter chapters give the day to day specifics. There is a nice summary chart resource section as well. However, much of the formatting does NOT carry over in the Kindle edition. I would recommend this book, but not the digital version. Get the print.

This is a great resource for those triathlete who are looking at putting together a training plan or understanding why your coach has you doing certain workouts. This book is not for the beginner. It is for those folks who are serious about putting science to work in their training. Great resource and food for thought.

[Download to continue reading...](#)

Start to Finish Ironman Training 24 Weeks to an Endurance Triathlon Start to Finish: 24 Weeks to an Endurance Triathlon Triathlon: Start to Finish: 24 Weeks to the Long Distance IronFit Triathlon Training for Women: Training Programs and Secrets for Success in all Triathlon Distances The Complete Guide to Triathlon Swimming And Training: Discover How To Quickly And Easily Swim Faster And More Efficiently, Overcome Your Fears, And Have Your Best Triathlon Yet IronFit Secrets for Half Iron-Distance Triathlon Success: Time-Efficient Training For Triathlon's Most Popular Distance Strength Training for Triathletes: The Complete Program to Build Triathlon Power, Speed, and Muscular Endurance Training Plans for Multisport Athletes: Your Essential Guide to Triathlon, Duathlon, Xterra, Ironman & Endurance Racing Finding Triathlon: How Endurance Sports Explain the World The Four Pillars of Triathlon:Vital Mental Conditioning for Endurance Athletes Beginner's Guide to Half Marathons: A Simple Step-By-Step Solution to Get You to the Finish Line in 12 Weeks! (Beginner To Finisher Book 4) Atkins Diet: 4 Weeks To Cracked Weight Loss, Strongest Energy And Better Your Life4 Weeks To Cracked Weight Loss, Strongest Energy And Better Your ... (Including 60 Very Best Atkins Diet Recipes) Paleo Diet: 4 Weeks To Rapid Weight Loss, Strongest Energy And Upgrade Your Life: Lose Up To 30 Pounds In 4 Weeks(Including The

Very BEST Fat Loss Recipes - FAT BOOTCAMP) THE LUPUS SCANDAL!! HOW A HORRIFYING DISEASE CAN BE EASILY CURED IN 7 WEEKS WEEKS WITH HIGH DOSES OF VITAMIN D3 4 Weeks of Fabulous Paleolithic Breakfasts (4 Weeks of Fabulous Paleo Recipes Book 1) Building a Deck: Expert Advice from Start to Finish (Taunton's Build Like a Pro) Secrets of Acrylic - Landscapes Start to Finish (Essential Artist Techniques) My Own Comic Book: Create Your Own Comic Strips from Start to Finish (Large Print 8.5"x 11" 120 Pages) (Blank Comic Books) (Volume 1) Manga Crash Course: Drawing Manga Characters and Scenes from Start to Finish Start to Finish Chicago: Windy City Mazes

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)