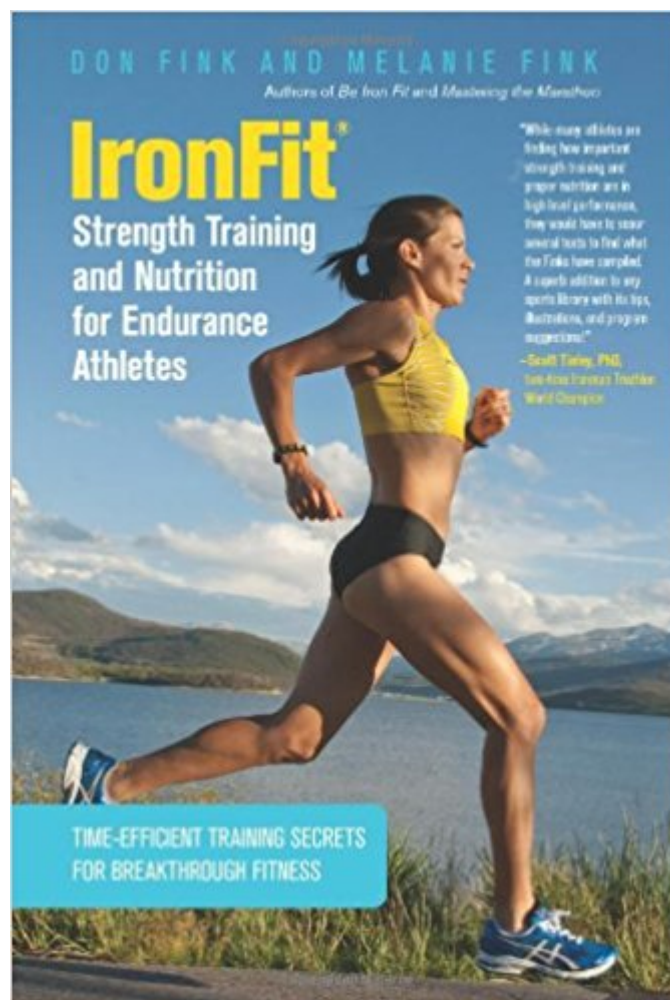




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# IronFit Strength Training And Nutrition For Endurance Athletes: Time Efficient Training Secrets For Breakthrough Fitness



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## Synopsis

Fully illustrated with depictions of proper exercise technique, this book contains exciting strength training programs based on sport (e.g., triathlon, running, cycling, swimming) and levels from beginner to advanced. For the marathon runner, triathlete, duathlete, distance swimmer, or cyclist, these programs will complement any other training regimen an athlete follows. Written without confusing jargon, IronFit® Strength Training provides concise and easy-to-follow information. Don and Melanie Fink of IronFit® have coached hundreds of athletes over several decades at all levels, from weekend warriors to world champions. Their innovative approaches to strength training and nutrition not only complement an athlete's sport-specific training, but they do so in the most time-efficient and enjoyable way possible. Multi-sport and multi-leveled, this book provides 27 specific program schedules for 9 sports and 3 levels each to give readers:

- 1) A progressive strength and core training program for their specific sport and level.
- 2) A mind and body preparation program to maximize benefits.
- 3) A traveling strength and core program for travel with little or no equipment.
- 4) A fueling and hydration routine to maximize performance before, during, and after competition.
- 5) A healthy eating and lifestyle plan.

## Book Information

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## Customer Reviews

Don and Melanie 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 triathlons contests and has recorded age-group victories and course records. Melanie has raced 12 Iron-distance races, Ultraman, and has age group and overall victories in triathlon, running and open water swimming competitions throughout the world. They live in Morris County, New Jersey.

This is the latest offering from Don and Mel Fink in a series of books that, for many endurance athletes, has been their 'bible' towards achieving their racing goals. There are plenty of books out there that cover information regarding strength training and nutrition for the generic 'multisport' athlete, but in this latest book, Don and Mel offer sport specific workouts e.g short/long course triathletes, runners 5k-marathon, adventure racers. They also extensively cover hydration and fueling for the endurance athlete and offer a plethora of tips and advice on optimizing training and racing. If you've already read 'Be Iron fit,' then this would be the next logical purchase to take your training and fitness to the next level. If not, then it would be a superb reference for anyone taking part in endurance sport and needing a framework to base their strength training and nutrition plans on. As always, the Fink books are an easy and enjoyable read and somehow manage to simplify a subject that normally seems complex and daunting.

This really answered lots of questions. I'm very busy working and this helped me organize my workouts. Did my first in 10 years tri. Last year.

Just completed my first full Ironman and used this book as a nutrition guide during my taper period. I had a great race, so I must give it 5 stars!

Very informative book with lots of information on how to eat healthy and exercise for multiple endurance athletes from cyclists and runners to triathletes. As an endurance trail runner I really enjoy this book and I use info from this and "Racing Weight" together to make up my own programs.

Easy read with loads of information!

This book is for complete novices, it feels out of date because of the new material being released daily online and in blogs

Very specific meal plans and hydration schedules, highlights runners AND bicyclists, links to other

websites- all fantastic!!Not much I didn't like...f Å Å Å Æ Å Å

Good book, Great illustrated exercises

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