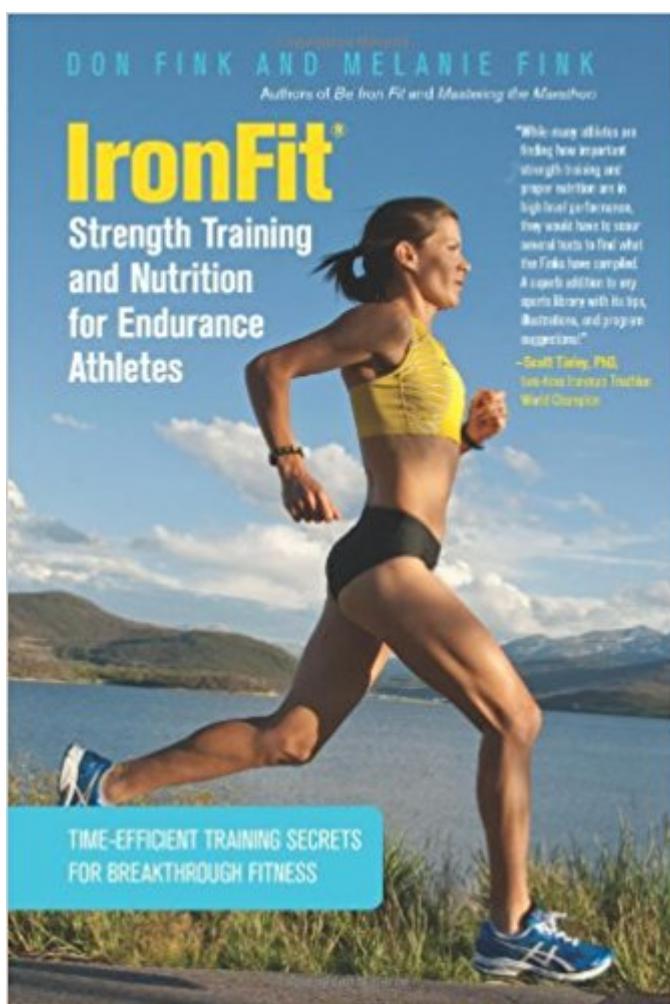


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# IronFit Strength Training And Nutrition For Endurance Athletes: Time Efficient Training Secrets For Breakthrough Fitness



## 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 across 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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Average Customer Review: 4.2 out of 5 stars 34 customer reviews

Best Sellers Rank: #144,975 in Books (See Top 100 in Books) #24 in Books > Health, Fitness & Dieting > Exercise & Fitness > Triathlons #291 in Books > Sports & Outdoors > Coaching > Training & Conditioning

## 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 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...ÃƒÂ ÃÃ ÃœÃÃ

Good book, Great illustrated exercises

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IronFit Strength Training and Nutrition for Endurance Athletes: Time Efficient Training Secrets For Breakthrough Fitness Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) Be IronFit: Time-Efficient Training Secrets for Ultimate Fitness IronFit Secrets for Half Iron-Distance Triathlon Success: Time-Efficient Training For Triathlon's Most Popular Distance Bodybuilding: 48 Bodybuilding Secrets Proven To Help You Build Muscle, Build Strength And Build Mass In 30 Days Or Less (bodybuilding, fitness, strength training, bodybuilding training) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle Bodybuilding: The Straightforward Bodybuilding Diet Guide to Build Muscle, Build Strength and Put On Mass Fast As Hell (Fitness, Bodybuilding Nutrition, ... diet books, weight loss, strength training) IronFit Triathlon Training for Women: Training Programs and Secrets for Success in all Triathlon Distances Be Iron Fit, 2nd: Time-Efficient Training Secrets for Ultimate Fitness Be Iron-Fit: Time-Efficient Training Secrets for Ultimate Fitness Rowing WOD Bible: 80+ Cross Training C2 Rower Workouts for Weight Loss, Agility & Fitness (Rowing Training, Bodyweight Exercises, Strength Training, Kettlebell, ... Training, Wods, HIIT, Cardio, Cycling) The Complete Strength Training Workout Program for Rugby: Increase power, speed, agility, and resistance through strength training and proper nutrition The Complete Strength Training Workout Program for Volleyball: Develop power, speed, agility, and resistance through strength training and proper nutrition Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training,Puppy training, Puppy house training, Puppy training ... your dog,Puppy training books Book 3) Youth Strength Training:Programs for Health, Fitness and Sport (Strength & Power for Young Athlete) Body by Science: A Research Based Program for Strength Training, Body building, and Complete Fitness in 12 Minutes a Week (NTC Sports/Fitness) Serious Training for Endurance Athletes 2nd Training Plans for Multisport Athletes: Your Essential Guide to Triathlon, Duathlon, Xterra, Ironman & Endurance Racing

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