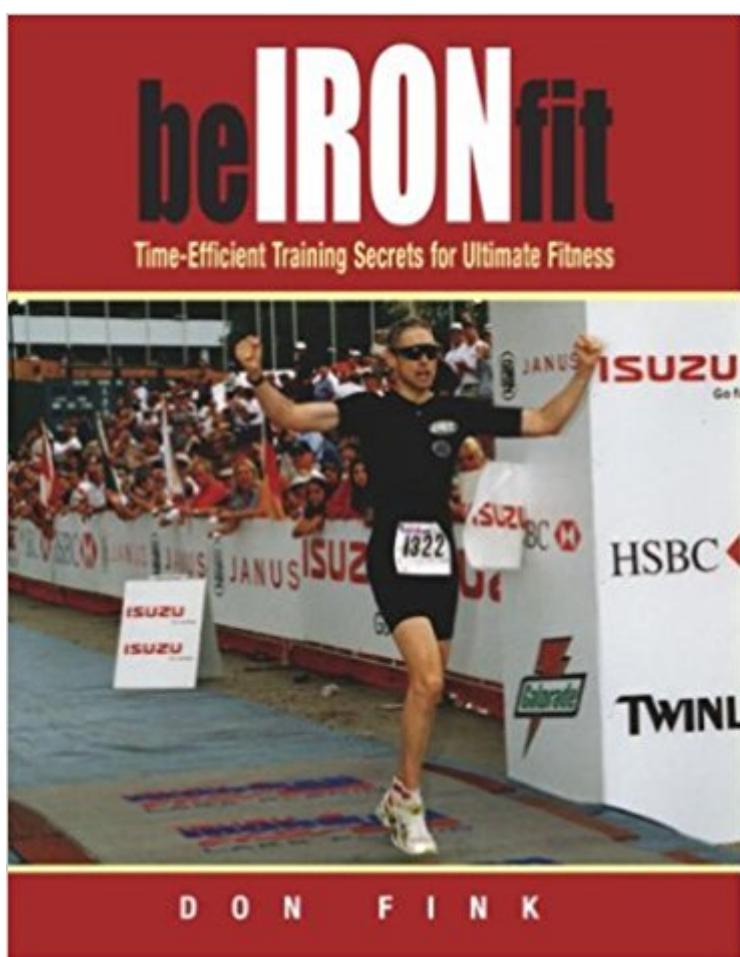


The book was found

# Be Iron-Fit: Time-Efficient Training Secrets For Ultimate Fitness



## **Synopsis**

Ever dream of being an elite endurance athlete and competing in races like Hawaii's Ironman? Professional athletes are not the only people who have the ability to attain superior athletic accomplishments. Every season tens of thousands of amateur triathletes compete head-to-head, pushing their physical and mental strength to the absolute limits. The standard Ironman competition is a true test: a 2.4-mile open-water swim, followed by a 112-mile bike leg, and a 26.2-mile marathon run. Sought-after multisport coach, Don Fink assures readers that the challenge is not too difficult, the dream is not impossible. His time-efficient training methods have been honed over the years and have been proved to aid anyone in achieving their athletic dreams. *Be Iron-Fit* provides practical training information in a step-by-step, enjoyable way so that even everyday athletes can attain ultimate conditioning. Included in this revolutionary guide is information on:- The essential workouts- The training cycle- 12-week training programs- Effective time management- The principle of gradual adaptation- Effective heart-rate training- Preparing with training races- Proper technique- Equipment tips- Race and pre-race strategies- Mental training- Effective goal setting and race selection- And much more. With the proper preparation and training techniques explained here, virtually anyone can attain supreme fitness.

## **Book Information**

Paperback: 288 pages

Publisher: Lyons Press; 1st edition (May 1, 2004)

Language: English

ISBN-10: 1592282393

ISBN-13: 978-1592282395

Product Dimensions: 9 x 6 x 0.7 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.8 out of 5 stars 31 customer reviews

Best Sellers Rank: #296,345 in Books (See Top 100 in Books) #54 in Books > Health, Fitness & Dieting > Exercise & Fitness > Triathlons #75 in Books > Sports & Outdoors > Individual Sports > Triathlon #86 in Books > Sports & Outdoors > Other Team Sports > Track & Field

## **Customer Reviews**

Ever dream of being an elite endurance athlete and competing in races like Hawaii's Ironman? Professional athletes are not the only people who have the ability to attain superior athletic accomplishments. Every season tens of thousands of amateur triathletes compete head-to-head,

pushing their physical and mental strength to the absolute limits. The standard Ironman competition is a true test: a 2.4-mile open-water swim, followed by a 112-mile bike leg, and a 26.2-mile marathon run. Sought-after multisport coach Don Fink's revolutionary training programs allow athletes to attain superb fitness, motivation, and confidence:

Essential workouts  
Mental training  
The proper training cycle  
Race strategies  
The principle of gradual adaptation  
Equipment tips  
Effective heart-rate training  
Effective goal setting  
Effective time management  
Proper technique

Don Fink left his managing director position on Wall Street after twenty years to pursue his passion for Ironman. He is now one of the most successful Ironman triathletes and coaches.

I bought this book a year ago and decided to wait until after my race to see how it worked out. I by far exceeded my expectations and will without a doubt recommend this book to anyone wanting to race an Ironman. These are the reasons:

1. Time and Heart rate monitor training.. (my ironman marathon is my PR... read the book it explains the HR idea) -Easy to predict how long you will be running/biking when you go for a 90 min run vs a 9 mile run... it helped my time management especially during the week. I have a 40/hr wk job
2. 3 plans to choose from... I did mostly the competitive program minus a few things here and there due to lack of time.. and still stayed within the intermediate program. The biggest benefit were the competitive Sat/Sun workouts.
3. Lots of really good training tips if you cannot afford a coach (which I could not)
4. Forces you to think about everything leading up to the race... bike fit, shoe fit, nutrition, transition, mental training

There are lots of ways to get yourself to the finish line and lots of programs to choose from... This book has loads of information and worth reading.

PS I finished my first IM 12:55:42

I quit smoking two years ago and wanted to do something unique to a non-smoker. So, I signed up for an Ironman. I had never ridden a bike, hadn't swam in years, and was only a recreational runner. So, I needed something that could take me from zero to completing a race. This book was exactly what I needed!

This book is packed full of relevant, useful information about how to complete a race. It not only gives you actual, detailed, day-by-day plans, but also the theory and background on building endurance to help you problem solve as you go through your training. I especially loved that the book has three plans: one for "Just Finish", one for "Competitive", and the third was somewhere in between.

His advice on time management, and the real Ironman athlete profiles/advice throughout the book helped me with believing this was really possible for someone with a full-time job.

My one critique is the lack of material on the level of fitness required in order to

start. This book assumes you can start out with a 45 minute run, a 30 minute bike ride, and can handle an hour in the pool. I was able to finish my Half Ironman in Kansas last year, but realized I wouldn't be in shape for the full Ironman in time. I am now doing more Half-distance races to get more experience before trying a full. The tools and plans in this book are perfect for a first-time athlete looking to finish a Half or Full distance Ironman.

This book is incredible. I have read many books in my long period on earth, but this one has possibly changed my life the most. I bought this book after slogging through Gordo's book left me overwhelmed. Don Fink lays everything out in plain language. He never makes miraculous claims, certainly there is no easy way to becoming an Ironman. However, he presents examples of folks busier than me who have done it, and done it well. He presents them, not in a glorified way, but as humans to whom we can all relate. ( In fact reading his book has made me Karen Smyers fan all the way! ) Equally important to Fink's training strategies, are his lifestyle suggestions. Catching quick naps, managing time, family meetings...these are all concepts we can employ on or off season. However, I found the single most brilliant feature of the book to be Don's concept of identifying life's "energy givers" versus "energy takers" and using your own power to minimize your exposure to the latter. Reading this book taught me that I have some control over what life dishes out to me, and how much I let it effect my race. I take this concept with me along my journey in life every day - as well as the confidence that came with finishing an Iron triathlon. Anyone who has ever dreamed of finishing an Ironman -- even if it is a decade away on your time plan, PLEASE read this book.

I used this book to complete my first ironman-distance triathlon a couple of years ago. I recently bought a copy for a friend of mine who will be training with me for the 2012 Texas Ironman. This book provides three training schedules (beginners, intermediates, and competitors) you can use to meet your IM goals. It also provides outstanding training and time management tips. The author is/was an Ironman and doesn't get so technical when it comes to the subject material. Get it used and it will be money well spent. Good luck. Enjoy your training.PK

I've read a dozen or so books on triathlon. Some are more informative (like Complete Triathlon Book by Matt Fitzgerald and The Triathlete's Training Bible by Joe Friel) and some are more inspiring (like Becoming an Ironman by Kara Douglas Thom), but this book strikes a nice balance between being informative and inspiring. I especially like the many tips on time management--how to work your full training program around demands of work and family. So why not 5 stars? I think the book should

have been 50 pages longer and included more depth in some of the important subjects that all triathletes need to know about.

If you are thinking about doing an Ironman triathlon, this is your book! it has 3 easy to follow plans and it works. I am doing my second IM race in 2 weeks and am following the intermediate plan again.....If you follow it, you can finish an Ironman!

super book with lots of information and valuable tips and pointers and great stuff to help with your race and prep for race

I really enjoyed this book, and used it while training for an Ironman. I am 49 years old, hadn't done any excercise since high school, and had bloated up to 250+ pounds. I took off 60lbs with Atkins, and started training for a marathon. Less than a year later I finished the Wisconsin Ironman. Don has really good advice if you are short on time and not starting in great shape. Very realistic program.

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

Be Iron Fit, 2nd: Time-Efficient Training Secrets for Ultimate Fitness Be Iron-Fit: Time-Efficient Training Secrets for Ultimate Fitness 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) Cast Iron Recipes Cookbook: 50 Most Delicious of Cast Iron Recipes (Cast Iron Recipes, Cast Iron Cookbook, Cast Iron Cooking, Cast Iron Cooking Recipes): ... Recipes (Easy Recipes Cookbook Book 2) The Cast Iron Recipe DeLuxe: Discover 55 Amazingly Delicious Recipes For Breakfast, Lunch, Dinner and Desserts In Your Cast Iron Skillet (Cast Iron Recipes, ... Iron Cookware, Cast Iron Cookbook Book 1) Cast Iron Cookware Recipes 4 Books in 1 Book Set - Cooking with Cast Iron Skillets (Book 1) Cast iron Cookbook (Book 2) Cooking with Cast Iron (Book 3) Paleo Cast Iron Skillet Recipes (Book 4) Cast Iron Cooking - Easy Cast Iron Skillet Home Cooking Recipes: One-pot meals, cast iron skillet cookbook, cast iron cooking, cast iron cookbook IronFit Strength Training and Nutrition for Endurance Athletes: Time Efficient Training Secrets For Breakthrough Fitness Be IronFit: Time-Efficient Training Secrets for Ultimate Fitness 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) IronFit Secrets for Half Iron-Distance Triathlon Success: Time-Efficient Training For Triathlon's Most Popular Distance The Ultimate Guide to Weight Training for Swimming (The Ultimate Guide to Weight Training for Sports, 25) (The Ultimate Guide to Weight Training for Sports, ... ... Guide to

Weight Training for Sports, 25) The Iron Man Collection: Marvel's Iron Man, Marvel's Iron Man 2, and Marvel's Iron Man 3 Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) 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) Cat Training: The Definitive Step By Step Guide to Training Your Cat Positively, With Minimal Effort (Cat training, Potty training, Kitten training, Toilet ... Scratching, Care, Litter Box, Aggression) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: A Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)