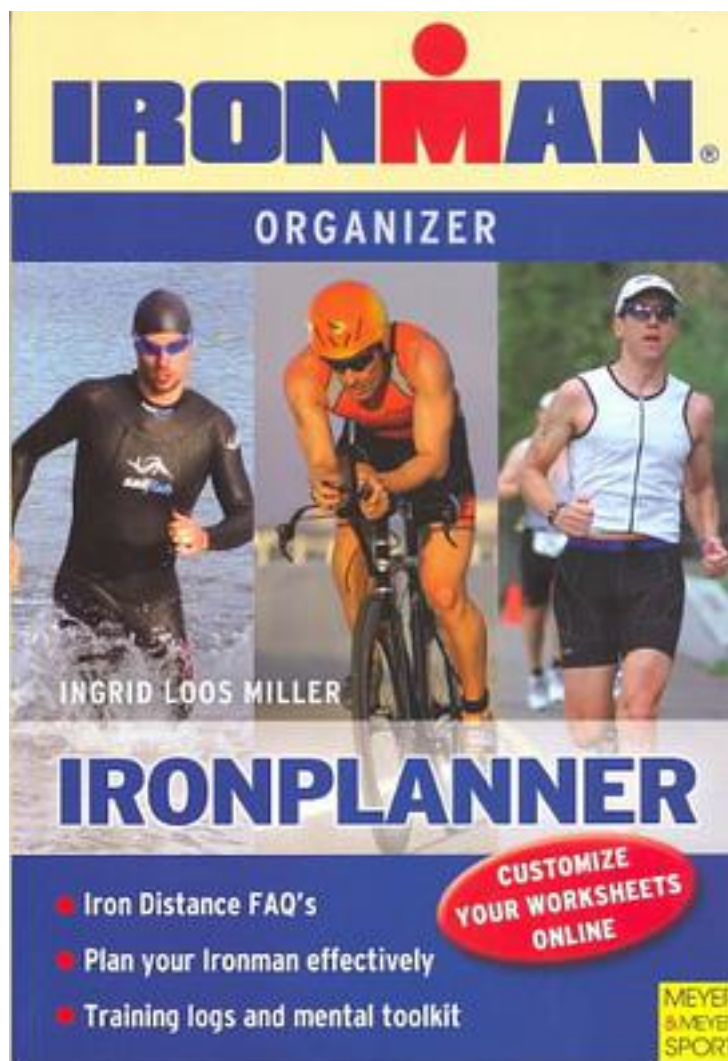


Ironplanner



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This is an all-in-one toolkit for anyone looking to optimise their Ironman training efficiency. Do you want to start training for your first Ironman race, but keep getting distracted and confused by the little details? Have you become an Ironman, but want to improve your training efficiency? Or are you an Ironman returning from a break and just want to get back into the swing of things quickly and simply? "Ironplanner" is the perfect book for you! Packed with worksheets and checklist that will help you organize every aspect of your race preparation - from the day you start training, to the day you stand at the start line - it allows you to spend your valuable non-training time recovering, being with your family, and doing the things you love. This volume also includes expert hints and tips to help you keep track of elements crucial to Ironman success, such as fuelling strategies and confidence building.

作者介绍:

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