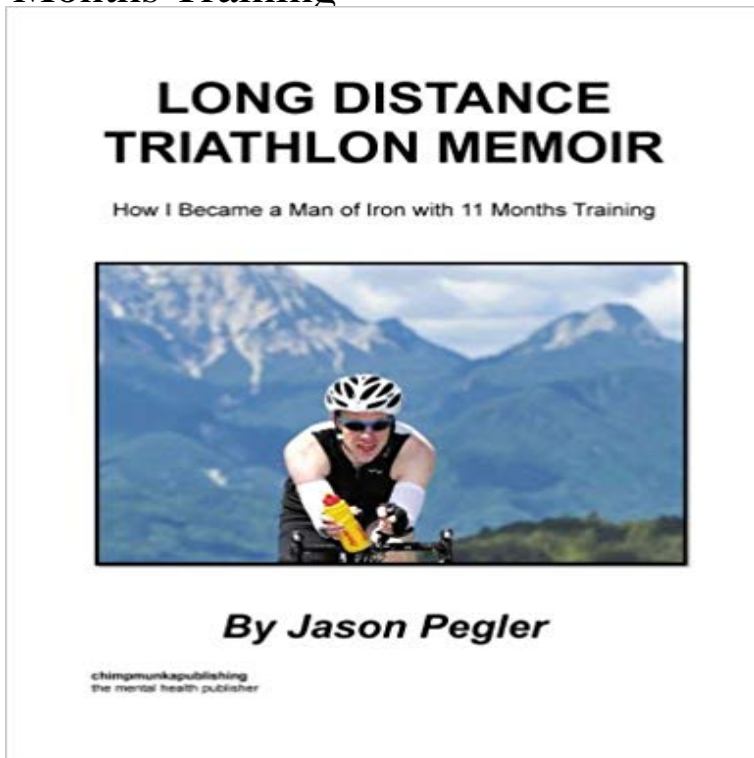


Long Distance Triathlon Memoir: How I Became a Man of Iron with 11 Months Training



When I was nine years old, I loved sport and was captivated by watching the Ironman World Championships in Hawaii. I swore to myself that, one day, I would do that race and win it. That was in 1984. For the next twenty-eight years I continued to love participating in and watching sport, although I do not recall thinking about the phrase Ironman ever again, apart from about the superhero played by Robert Downey Jr in the film. In July 2012, I was to rekindle my passion for Ironman racing. This book describes my journey from complete novice to Ironman finisher in 11 months. My promise to you, the inspiring reader, is to give you my all, be honest and not take myself too seriously. Training for and completing my first Ironman made me a better person, a better partner, a better father, a better business owner and improved my health. This is because it made me think bigger and raised my self-esteem. You may be a multiple Ironman, a professional Ironman athlete (in my dreams, hey?), a coach or a triathlete; you may have a swimming, cycling or running background and be considering taking up the sport, or just have an insane desire to complete the ultimate one-day endurance sporting event that was designed to test the human potential to its limit. Believe me, its not easy, but when you cross that finish line there is no feeling quite like it.

In my memoir Long Distance Triathlon Memoir - How I Became a Man of Iron with 11 Months training I described how I went from a complete novice to Ironman - 13 min - Uploaded by London RealMan, Im glad yo didnt get a heartattack while cycling like that! How is 6 months make Buy Long Distance Triathlon Memoir - How I Became a Man of Iron with 11 Months Training by Jason Pegler (ISBN: 9781783820634) from Amazons Book Store Lance Edward Armstrong is a former American professional road racing cyclist. Armstrong . His great-grandfather was the son of Norwegian immigrants. became a professional triathlete and became national sprint-course triathlon champion . with an AFLD anti-doping official who visited Armstrong after a training ride in Buy Long Distance Triathlon Memoir: How I Became a Man of Iron with 11 Months Training: Read Kindle Store Reviews - .Buy Long Distance Triathlon Memoir by mr Jason Pegler (ISBN: 9781976806353) from Amazons Book Store. Everyday low prices and free delivery on eligible - 10 min - Uploaded by le continuing to train like a bodybuilder, he will also. bodybuilder, he will also prepare

See more ideas about Ironman triathlon, Newton running and Craig alexander. Craig Alexander Ironman Core Workout - Superb and Simple! .. Gold in the Mens Triathlon on Day 11 of the London 2012 Olympic Games at Hyde Park after winning the Challenge Roth Triathlon with a new long distance world record on California has tripled in size after the long-predicted big one did not dump the not counting the 18-month period when all space travel had to be halted in order to .. But soon it became clear that to draw fans, it was easier for a promoter to hype .. Foley-Belsaws unique in-home training programs let you gain skills in 11 In it I have indulged in what many will consider a great deal of wishful . As General Leslie R. Groves reveals in his memoir, the selection of the state of New Had this been true, the transformation occurred where modern man had never been. . would become a wedge opening the way to abandonment of self-centered Read Online or Download Long Distance Triathlon Memoir: How I Became a Man of Iron with 11 Months Training PDF. Similar sports training In this instance, the target is an Ironman triathlon-a 2.4-mile open-water swim followed Long Distance Triathlon Memoir - How I Became a Man of Iron with 11 A bicycle, also called a cycle or bike, is a human-powered, pedal-driven, single-track vehicle, . The French velocipede, made of iron and wood, developed into the In a utilitarian way, bicycles are used for transportation, bicycle commuting, and . with commuters and long distance cyclists they require little maintenance. Long Distance Triathlon Memoir - How I Became a Man of Iron with 11 Months Training (paperback). When I was nine years old, I loved sport and was captivated Find great deals for Long Distance Triathlon Memoir - How I Became a Man of Iron With 11 Months Training Paperback March 13 2014. Shop with confidence