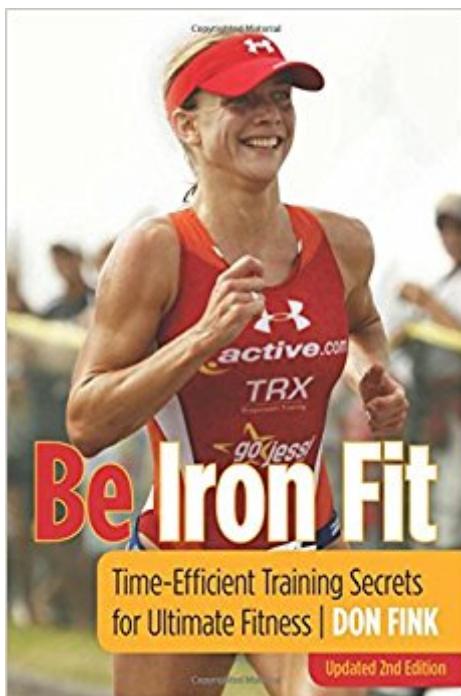


The book was found

Be Iron Fit, 2nd: Time-Efficient Training Secrets For Ultimate Fitness



Synopsis

The ultimate training guide for the ultimate in fitness

Book Information

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Customer Reviews

"Most how-to books are too technical or too shallow. Don Fink manages to pen a unique combination of information, anecdotes, and readability. I enjoyed the read and learned a few valuable tidbits in the process. Well done!" --Scott Tinley, two-time Ironman World Champion "Don's book certainly made me think. A truly complete book for all abilities in the sport of triathlon that leaves no subject untouched." --Spencer Smith, three-time Triathlon World Champion

Ever dream of being an elite endurance athlete and competing in races like Hawaii's Ironman? Pro athletes are not the only people who can attain such superior accomplishments. Each season, tens of thousands of amateur triathletes compete head-to-head, pushing their physical and mental strength to the limits. The 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. In Be Iron Fit, sought-after multisport coach Don Fink draws on his time-efficient training methods to provide a practical program in a step-by-step, enjoyable way so even everyday athletes can attain ultimate conditioning. Effective Time Management The Essential Workouts The Training Cycle Effective Heart Rate Training 30-Week IronFit Training Programs Flexibility and Strength Training Core and Functional Strength Training TechniqueMastering

Transitions Â Equipment Tips Â Race and Pre-Race Strategies Â Mental Training Â Healthy Eating for Endurance Athletes

Recovery, Maintenance Training, and Beyond Â

This fantastic book helped me achieve my goal of finishing an Ironman race. Congrats to you for taking on the challenge of an Ironman! I wish you the very best on this journey you are about to start. Here is what I like about the book in no particular order: It's heart rate based. So all the workouts are based on your heart-rate and time. So, as Don Fink says you get quality workouts and eliminate junk miles. I loved that approach especially because it helped me manage my daily schedule. I knew a 60 minute Zone 2 run would last exactly 60 minutes. Unlike other plans that say "go run for 5 miles." well, how long will that take and can I fit that in during a 60 minute slot? There are three training plans to choose from, Competitive, Just Finish, and Intermediate. I chose the intermediate plan for my training as it struck the perfect balance with my work/life. The training plan got me to the finish line feeling good and smiling. I felt well prepared for all three disciplines. At no point during the race did I feel like I wasn't ready and needed more training. The training volume and intensity that Don prescribed in the Intermediate plan was spot on. I loved the brick workouts. Bike to run. They helped so much, that by the time I finished the 112 mile bike, I wasn't dreading the run. It was just a natural transition into the run. And the bricks helped for my shorter races throughout the year leading up to Ironman. The training plans are 30 weeks long, perfectly doable for busy people. The book has a nice chapter on mental training. The writing is good too. It's not overly blah blah technical. Don Fink tells you what you need to know and just a little more. He doesn't bombard you with boring minutia. I would HIGHLY recommend the paper back version. That way you can highlight and pencil in notes as needed. My book looks like a well used college textbook! Here are some basics of my situation. That way you can assess how you can relate to this book: I used this book exclusively and stuck to the Intermediate plan as close as I could. I am not going to go back and count days to give an exact percentage, but I'll take a nice guesstimate that I completed close to 90% of the workouts. I am human so some stuff was missed due to illness. My only goal throughout the whole Ironman experience was to finish, and if possible finish strongly. I didn't have a specific time I was going for other than to beat the 17 hour limit. Books can only do so much. Don Fink recognizes that some times you need an actual coach to look over your form and technique. Especially with swimming, so he encourages you to seek proper guidance when needed. So, in keeping with that spirit I did the following. I swam with a masters swim group as recommended by Don Fink, and followed the swim workouts in the book on days I was on my own. I always maintained the swim volume prescribed by Don. So if my swim group only swam 2000 and

Don said 3500, I made up the difference by swimming an extra 1500 to get the total up to 3500. End result: Masters swimming corrected my swim stroke tremendously and with that came confidence in the water. Zero shoulder injury thanks to the swim instruction. Many of the rides I did were with my local bike club since the rides fit the prescribed workout. For example Wednesday rides fit perfectly with the scheduled 60minute ride at zone 2. End result: I kept in touch with my club and received tremendous support. As for running, I took a few clinics for technique guidance and followed the running workouts in the book. End result: Zero injuries from running. A close friend gave me the following advice, "listen to your body." So regardless of what the training plan says, listen to your body. Those words have probably helped me the most in staying injury free. In the end, Believe in yourself. You'll soon discover exactly what you are capable of. After 30 weeks of hard work (this is ironman not easymen) it is sweet to hear Mike Riley call out your name with those famous words...

You Are An.....

This is one of my favorite books, all-time. Here's why: The Be Ironfit program provided me with the time efficient training plans and advice to become an Ironman in 2008, and again in 2009 (and beyond). Don Fink (an Ironman age group legend), draws upon his vast racing and coaching experience to inspire and prepare any triathlete to achieve the Ironman dream. Just as important, before I finished reading Be Ironfit (the first time) I felt belief replace my doubts about whether I could ever train for and race 140.6 miles. This 2nd edition is even more comprehensive (I've read and studied both editions). It updates the latest core and strength training techniques with Don's tried and true time-efficient heart rate based training and swim/bike/run techniques advice. It is extremely well-written and organized and provides invaluable information and tips on: time management, nutrition, pre-race, race day, post race, race selection, mental strategies, and more. You can choose to follow the competitive program, the intermediate program, or the 'just finish' strategy. With Don's guidance, and this revised edition in hand, I am training for my third Ironman race this year. With consistent adherence to Don's training plans and advice, I continue to get faster and faster. In fact, my P.R.'s continue to drop significantly at all distances (from sprint to olympic to 70.3 to 140.6) -- at the age of 45! Buy the book, read the book, do what Don Fink says, become an Ironman! It really is that simple.

I bought this book through a friend who finished Iron Man Coeur D'Alene using this book. I have used the book for a few months now and completed a 1/2 IM last weekend and expect to do an IM next year following this book. The single biggest reason to buy this book is for the training plans in it.

There are 3 different plans in it depending on how much time you think you can devote to training. The background of the book tries to show how you CAN find time to train and uses others experiences to illustrate. I love the plans. They're definitely generic - Don recognizes that and is upfront about it early on - but what else are you going to get in a book?!? Personally, I'm the type of person who just wants to know what to do and I'll go and do it. It's a bonus that there's actually some instruction/explanation in the book - for example you need to follow the disciplines in order, you can't "swap" days due to the impact on the muscles. However this isn't Joe Friel. You're not going to get 10 pages explaining why you should do X instead of Y. I am absolutely fine with that - I can't get into Joe's book despite trying twice - but if you're the type of person who wants to know WHY, then this might not be for you. I also have to say some of the people stories/examples started to get a bit samey and/or cheesy. Again, that's probably me being cynical! For me, it's all about the plans. I felt really happy with my 1/2 IM performance last week and credit much of that to the preparation based on this book.

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