



Ironman Training Schedule

By Frances P Robinson

Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.This Ironman Training Schedule includes two sections. The first includes the following fill in the blank chart (enough for 6 races): -Name of Race - Type -Date -Location -Entry Fee -Registration Deadline -Goal -Results The second has 52 weeks of pages (enough for one full year of training) that includes the following to track your daily progress: -Time remaining before event -Swim Distance Time Average Heart Rate Resting Hear Rate -Cycle Distance Time Average Heart Rate Resting Hear Rate -Run Distance Time Average Heart Rate Resting Hear Rate -Body Weight -Other -Notes When you track your training data, it will be easier to achieve them. Let this Ironman Training Schedule help you meet your goals.

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Reviews

This publication is really gripping and exciting. It really is basic but unexpected situations in the 50 % in the book. It is extremely difficult to leave it before concluding, once you begin to read the book.

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