



Amaze Yourself: A Guide to Completing Your First Iron-Distance Triathlon

Anthony Epp

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DISCOVER::: A Step-By-Step Method to training for and completing your first IRON-DISTANCE TRIATHLON

Ever dreamed about doing the Ironman or Challenge Triathlon? Combining a swim of 2.4 Miles (3.8 kilometres) in a lake or ocean, a bike ride of 112 Miles (180km), and then a MARATHON run of 26.2 miles (42.2 kilometers) seems impossible. But it isn't. The truth is you CAN accomplish one of the toughest endurance races on the planet. You just need a simple plan and some guidance. **Simple Strategies + Your Time = Your First Ironman Triathlon Finish** You're about to discover how to build from your first 10k running race to a full iron-distance triathlon in 12 months. Here's a secret: I believe that anybody, with the right approach and support, can complete an Iron-Distance (the term used to describe an Ironman, Challenge Family or any triathlon with a 2.4 mile swim, 112 mile bike, and 26.2 mile run) triathlon. It requires a series of actions that you take each and every day. The work begins 12 months before when you take your first run, and each day/week/month builds on itself towards your ultimate goal... Finishing the race in under 17 hours Happy, Healthy and Smiling!

Here Is A Preview Of What You'll Learn...

- Where to start with your training
- How to "Level Up"
- Basic equipment to buy so you don't break the bank
- Adding Biking and Swimming to your training
- Safety tips for a healthy and safe race
- Race day tips
- Nutrition advice
- Easy-to-follow checklists so you don't have to worry if you've forgotten something
- Much, much more!

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