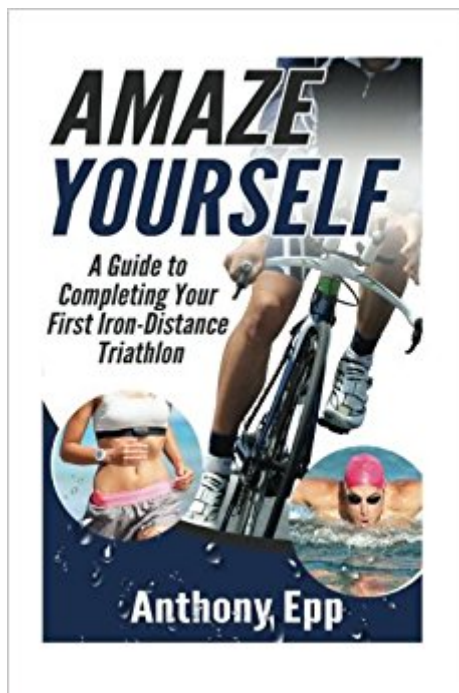




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# Amaze Yourself: A Guide To Completing Your First Iron-Distance Triathlon



## Synopsis

**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** Youâ™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 trainingHow to "Level Up"Basic equipment to buy so you don't break the bankAdding Biking and Swimming to your trainingSafety tips for a healthy and safe raceRace day tipsNutrition adviceEasy-to-follow checklists so you don't have to worry if you've forgotten somethingMuch, much more!

## Book Information

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## Customer Reviews

Anthony Epp was born with a love of telling stories. He's a filmmaker, internet entrepreneur, and a

former shoe salesman. If you love what you do, then you are never "working". Anthony's made a career out of hobbies and passions. While in University he joined Kappa Sigma, a men's fraternal organization. Everybody's experience with fraternities is different, but Anthony's was so fulfilling that, when he graduated, he was fortunate to get a great job working with the Fraternity in Charlottesville, Virginia, for five years, helping chapters all over North America give their members the same great experience he had. During that time, he ran his first marathon (Atlanta, 2007, finishing under the Olympic rings) and was immediately hooked (and really sore). This led to him teaching running clinics and, eventually, managing a running shoe store in Vancouver, BC, Canada. Being around such inspirational stories and people led him to complete his first Ironman triathlon in 2002 and become immersed in the triathlon community. While continuing to train, Anthony immersed himself in the world of investment and insurance planning and changed careers to become a financial advisor. His clients ranged from young families to entrepreneurs who were starting up their small businesses, all of whom needed sound financial blueprints to create more stability and certainty in their lives. Meeting people with such a wide variety of life experience and goals cemented a belief in Anthony that continued into his next career: that we all have stories that can be inspirations to others. For eight years, Anthony has been (and currently is) a filmmaker. He's written, produced and directed several short films, and, in 2009, fulfilled a lifelong dream when he wrote and produced a documentary for the Canadian premium cable channel, Superchannel, called "Unspoken Rules", a movie about fighting in hockey. Anthony has produced and assisted on various film projects for television, the web, and for various festivals. His IMDb (the Internet Movie Database) is filled with a variety of his film credits. His "day job" is as a "script coordinator" for the television series Motive (and previously for such popular shows as Sanctuary, Primeval: New World, and Cedar Cove). A jack-of-all-trades, master of few, Anthony continues telling stories and providing information to people who want to achieve their dreams.

A great guide to completing an Ironman. A clear concise book that will assist in building your confidence, skills and knowledge and assist you in being successful at the Ironman distance.

Not much in it.

Great book!

What a great read! I've been interested in the idea of completing an ironman for years and I've been

intimidated to say the least. With this, I now have a plan to use that is detailed enough where I don't have to come up with something new while allowing for a lot of personalization as well. An absolute must for someone who wants to finish an ironman.

It's about time that someone wrote a book like this! Full of practical information and tips from cover to cover. It's obvious that the author has a lot of experience and he does a good job sharing it. This book is a valuable resource for everyone - not just first timers.

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