



My First Ironman: From Dream to Finish (Paperback)

By Stutisheel Lebedev

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Use integral preparation - from comprehensive training schedule, healthy nutrition to ancient energy mantras - to perform your best in the race of your dream - the Ironman. This book reflects first-hand account of successful finish in Ironman triathlon and will help you to take your first steps in triathlon training and racing, and trying to unfold your ultimate potential using holistic approach.



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