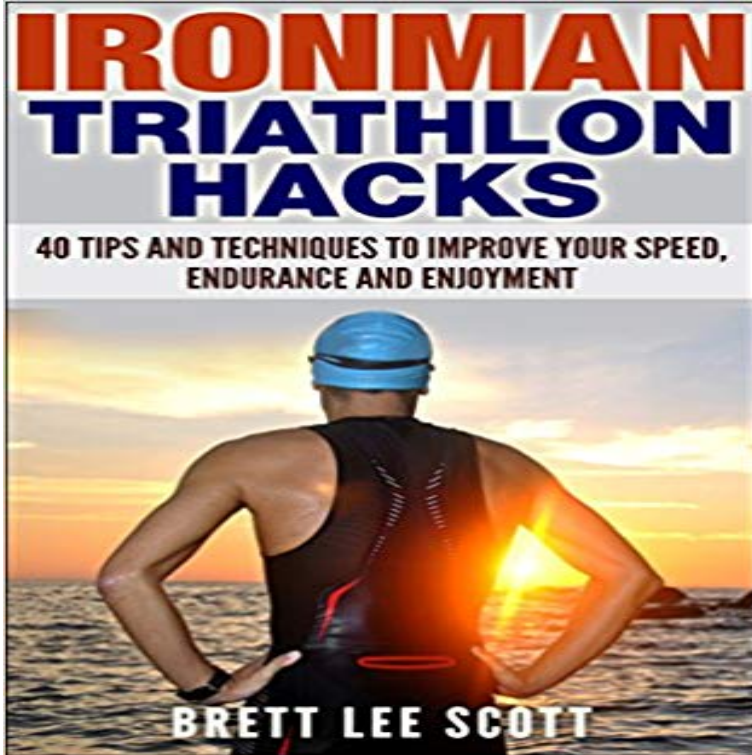


Ironman Triathlon Hacks: 40 Tips and Techniques to Improve Your Speed, Endurance and Enjoyment (Iron Training Tips)



Are You Training for Ironman? Are you training for an Ironman triathlon - 70.3 or 140.6? Do you want to improve without changing your training plan? Are you worried about injury, nutrition or motivation? It can be confusing and daunting to read through all the latest nutrition and physiological studies. You need to be putting in the hours training not reading blogs. That's why multiple Ironman finisher, ex pro-cyclist and coach Brett Lee Scott wrote Ironman Triathlon Hacks - to condense the latest research, tips and tricks into an easy-to-read guide. Become a Better Ironman Ironman Triathlon Hacks is a guide to improve your Ironman fitness, speed and conditioning. Coach Brett designed the guide to compliment your existing Ironman training. Use this How To guide to optimize your training, address your weak points and tweak your fitness during the season. Learn more than 40 tips and techniques overlooked by most training manuals or plans. Whether you are thinking about a future race or heading into your taper weeks, you will find advice in this guide that will make you a better Ironman. Benefits of Reading Ironman Training Hacks * Simple to read format (no lengthy scientific articles) * Based on 12+ years of coaching Age Groupers from 5k all the way up to multiple Ironman * Covers key areas of Ironman from bike setup to nutrition to race mindset What Ironman Triathlon Hacks Will Help You Do * Reduce Injury * Recover better and faster * Prevent bonking (running out of energy) on race day * Boost split times with simple tweaks that save minutes * Become a better climber on the bike * Speed through transitions faster * Prepare mentally * Prepare your race plan * Build your confidence * Save money on unnecessary equipment binges Sample Hacks You'll Find Inside This Book Hack #2: Train Smart, Not Long Hack #8:

Record All Your Metrics Hack #9: Practice Drafting to Save Energy and Swim Faster Hack #11: Use the Rule of Thirds to Get Up Those Hills Faster and with Less Effort Hack #12: Get Your Bike Serviced: 9 Checkpoints to Help Improve Speed and Reduce Failure Hack #14: Select the Right Bike Gearing to Suit Your Course Hack #16: Exploit Free Speed and Save \$1000s Hack #20: Test Your Foot Pronation to Improve Efficiency and Reduce Injury Hack #21: Use the 30-Minute Recovery Window to Maximize Glycogen Stores and Weight Management Hack #22: Practice Active Recovery with Yoga to Increase Flexibility, Core Strength and Reduce Injury Hack #24: Get a Sports Massage to Prevent Injury and Improve Muscle Tone Hack #26: Increase Endurance with Nitrate Rich Food Hack #27: Get Your Nutrition Strategy Right: How Not Knowing Nutrition Makes You a Rookie Hack #28: Maximize Carbohydrate Efficiency: Train Low, Race High Hack #31: Reduce Your Fiber Before the Race to Prevent GI Distress and Weight Gain Hack #34: Snap & Load in Taper Week to Maximize Glycogen Storage Hack #36: Count Transition Steps for a Smoother Transition Hack #37: Practice Visualization to Improve Confidence and Clarity Hack #39: Chunking: the Secret of Breaking Down Your Race + many more...

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