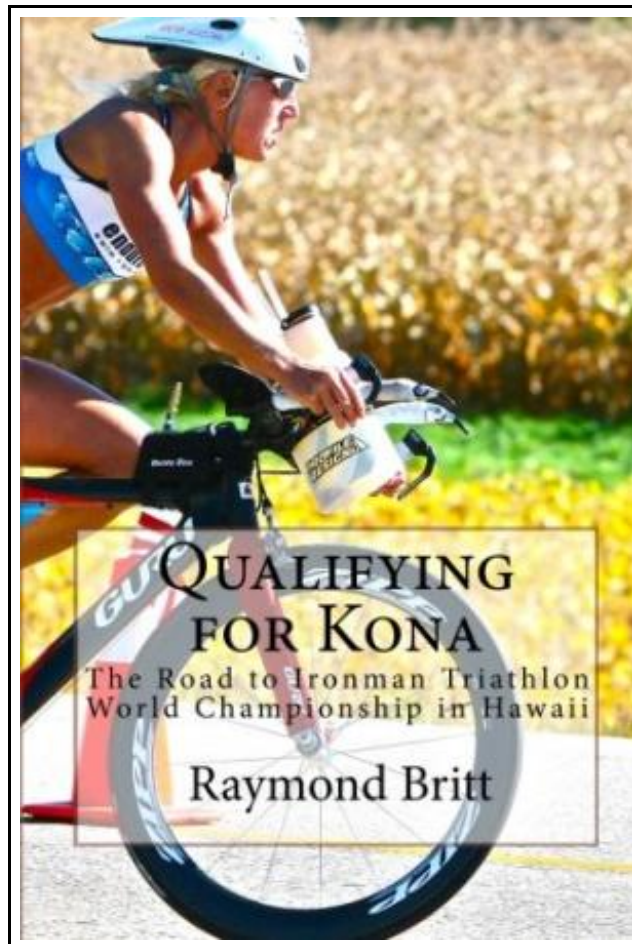


Qualifying for Kona: The Road to Ironman Triathlon World Championship in Hawaii



Filesize: 3.95 MB

Reviews

Complete guideline for ebook lovers. Better then never, though i am quite late in start reading this one. Its been printed in an remarkably simple way in fact it is only right after i finished reading this book through which in fact transformed me, alter the way in my opinion.
(Montserrat Runolfsdottir)

QUALIFYING FOR KONA: THE ROAD TO IRONMAN TRIATHLON WORLD CHAMPIONSHIP IN HAWAII



Createspace, United States, 2010. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Rave Reviews: A masterful job of breaking down the impossible, and making it seem very much within reach if you have dedication, focus, and desire -- Hurricane Bob Mina, 6-time Ironman Finisher // Ironman Kona, Hawaii. Inspiring. Daunting. Stunning. Humbling. Exhilarating. The greatest triathlon in the world. The Ironman Triathlon World Championship. It all starts in Kona. Ask any triathlete why they took up the sport, and they will reply with one word: Kona. Ask if they want to compete there someday, and the answer will be: yes. Each year, more than 50,000 triathletes race for the chance of qualifying to compete in Kona. Competition is fierce and getting tougher each year, but if you want it bad enough, you can achieve the dream: you can earn the right to Race Kona. If you aspire to go to Kona, here s what you want to know: where can I qualify? What does it take to qualify? How can I do it with a full-time job and family? What kind of training plans are effective? what is it like to race and qualify? What is it like to race in Kona? Again and again and again? This book has it all, and more. Detail about racing, qualifying times. Thorough exploration of three racing seasons where the author qualified for Kona, including training plan strategies, details and results. Beyond theory: this book is defined by real data, real performance, time-tested training and racing perspective. Do you dream of qualifying for Kona? This book shows how the dream comes true.



[Read Qualifying for Kona: The Road to Ironman Triathlon World Championship in Hawaii Online](#)



[Download PDF Qualifying for Kona: The Road to Ironman Triathlon World Championship in Hawaii](#)

Other Books



From Kristallnacht to Israel: A Holocaust Survivor s Journey

Dog Ear Publishing, United States, 2009. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.In the 1930s, as evil begins to envelope Europe, Karl Rothstein...

[Download ePub »](#)



Chicken Licken - Read it Yourself with Ladybird: Level 2

Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. In this classic fairy tale, a nut falls on Chicken Licken s head and he...

[Download ePub »](#)



Goodparents.com: What Every Good Parent Should Know About the Internet (Hardback)

Prometheus Books, United States, 2000. Hardback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. The Internet may now be the most powerful, single source of information in the world, and...

[Download ePub »](#)



Polly Oliver s Problem: A Story for Girls

The Wildhern Press, United Kingdom, 2008. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin was an American children s author and educator....

[Download ePub »](#)



Tales of Wonder Every Child Should Know (Dodo Press)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author...

[Download ePub »](#)