



Ironman Made Easy

By Bosch, Paul van den

Meyer & Meyer. Book Condition: New. 2007. Ironman Ed. Paperback. With limits being constantly tested and pushed higher, people consider the triathlon to be the ultimate challenge of the 21st century. This title seeks to serve as a training manual for athletes of all abilities to reach the goal of triathlon competition. It includes a scheme of training sessions; time-management techniques; and more. Series: Ironman S. Num Pages: 152 pages, 66 full-colour photographs. BIC Classification: WSK. Category: (G) General (US: Trade); (P) Professional & Vocational. Dimension: 239 x 166 x 12. Weight in Grams: 474. Books ship from the US and Ireland.



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