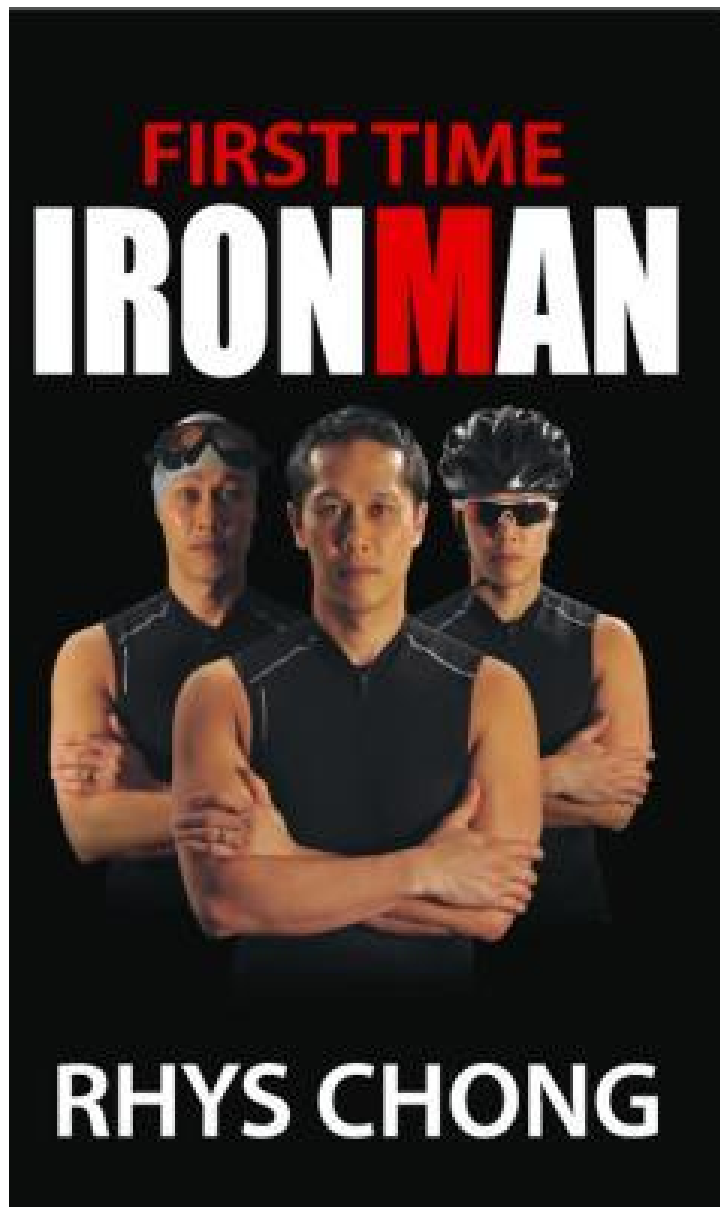


First Time Ironman



Title: **First Time Ironman**

Author: **Rhys Chong**

Goodreads Rating: **2.67**

Published: **July 17th 2012 by Ecademy Press Limited (first published July 16th 2012)**

- [First Time Ironman.pdf](#) [PDF]
- [First Time Ironman.epub](#) [ePUB]

Learn how it is possible to stretch your limits and achieve the impossible as Rhys Chong reveals his personal experiences of training and racing in an Ironman Triathlon, despite only having a year to prepare. Completing an Ironman Triathlon is no mean feat. An Ironman means facing a 2.4-mile (3.86km) swim, a 112-mile (180.25km) bike and a marathon 26.2-mile (42.2km) run, raced in that order without a break. What's more, most Ironman events have a strict time limit of 17 hours to complete the race. So it's no wonder that with no prior training, Physiotherapist Rhys believed that he could never complete one. However, after training consistently for a year and working with a team of experienced professionals, Rhys eventually enjoyed the sweet success of crossing the finish line of his first Ironman in Switzerland in just 12 hours 55 seconds. To celebrate achieving this life ambition, Rhys has written First Time Ironman to provide a glimpse into the training required for an Ironman and to inspire people who may have similar sports ambitions, but are limited by their beliefs that they can succeed. Also, Rhys wants to encourage anyone facing a challenge in their life that by having the guts to confront their fears and

prepare for the unknown, they could be at the start of an incredible life-changing journey.

Completing an Ironman is something you will ultimately face alone; however, the preparation is very much a team sport. First Time Ironman not only tells the experience like it is, but explores the support and expert guidance Rhys obtained to make an Ironman journey a happy, healthy, but most of all a memorable experience.

The IRONMAN Official Site for IRONMAN triathlon 140.

6 & 70.3, 5i50, Iron Girl and IRONKIDS triathlon races. View results, course descriptions, training articles, and maria's first ironman: continued. The leg cramp: MAJOR sign of my dehydration status. I knew this was a critical point to make the right decision. IRONMAN Florida offers a flat course with moderate temperatures for an ideal fall race. You can read my giant novel of a race report about Ironman Coeur d'Alene here.

I claim it's my "First and Last" Ironman. You all laugh at me. Directed by Jon Favreau.

With Robert Downey Jr., Gwyneth Paltrow, Terrence Howard, Jeff Bridges. After being held captive in an Afghan cave, billionaire engineer Tony. Have you contemplated the challenge of doing an IRONMAN, but the thought of giving up all your free time for training holds you back? Perhaps, you are an experienced. The IRONMAN Official Site for IRONMAN triathlon 140.6 & 70.3, 5i50, Multi Sport Festivals, Noosa Triathlon, Mooloolaba Triathlon and IRONKIDS triathlon races. View.

A 68-year-old California man battling pancreatic cancer will join the grueling Ironman competition, nearly four decades after his first triathlon.

A countdown clock to count the time left to a date of your choice. To create your own countdown, for your own date, with your own look and feel, follow the link at. You took the words right out of my mouth. I am doing a half ironman next year(Aug 2016). I walked my first half marathon last year, i have registered for another one. Train at your best with Timex Ironman watches. Shop a variety of Ironman sports watches in different styles with free shipping on orders over \$75. Of course, the time it takes to finish an Ironman will depend on your age.

Here's the average time to finish an Ironman by age group. Mar 3 2018.

Kellogg's Nutri-Grain IRONMAN New Zealand Taupo, New Zealand.

Race the most storied IRONMAN outside of the IRONMAN World Championship. Entries Open What does it take to do an Ironman Triathlon? Well, [...] The IRONMAN Official Site for IRONMAN triathlon 140.

6 & 70.3, 5i50, Iron Girl and IRONKIDS triathlon races. View results, course descriptions, training articles, and maria's first ironman: continued. The leg cramp: MAJOR sign of my dehydration status. I knew this was a critical point to make the right decision. IRONMAN Florida offers a flat course with moderate temperatures for an ideal fall race. You can read my giant novel of a race report about Ironman Coeur d'Alene here. I claim it's my "First and Last" Ironman. You all laugh at me. Directed by Jon Favreau.

With Robert Downey Jr., Gwyneth Paltrow, Terrence Howard, Jeff Bridges. After being held captive in an Afghan cave, billionaire engineer Tony. Have you contemplated the challenge of doing an IRONMAN, but the thought of giving up all your free time for training holds you back? Perhaps, you are an experienced. The IRONMAN Official Site for IRONMAN triathlon 140.6 & 70.3, 5i50, Multi Sport Festivals, Noosa Triathlon, Mooloolaba Triathlon and IRONKIDS triathlon races. View.

A 68-year-old California man battling pancreatic cancer will join the grueling Ironman competition, nearly four decades after his first triathlon. A countdown clock to count the time left to a date of your choice. To create your own countdown, for your own date, with your own look and feel, follow the link at. You took the words right out

own countdown, for your own date, with your own look and feel, follow the link at. You took the words right out of my mouth. I am doing a half ironman next year(Aug 2016). I walked my first half marathon last year, i have registered for another one. The IRONMAN Official Site for IRONMAN triathlon 140.6 & 70.3, 5i50, Iron Girl and IRONKIDS triathlon races. View results, course descriptions, training articles, and. maria's first ironman: continued. The leg cramp: MAJOR sign of my dehydration status. I knew this was a critical point to make the right decision.

IRONMAN Florida offers a flat course with moderate temperatures for an ideal fall race. You can read my giant novel of a race report about Ironman Coeur d'Alene here. I claim it's my "First and Last" Ironman. You all laugh at me. Directed by Jon Favreau. With Robert Downey Jr., Gwyneth Paltrow, Terrence Howard, Jeff Bridges. After being held captive in an Afghan cave, billionaire engineer Tony. Have you contemplated the challenge of doing an IRONMAN, but the thought of giving up all your free time for training holds you back? Perhaps, you are an experienced. The IRONMAN Official Site for IRONMAN triathlon 140.6 & 70.3, 5i50, Multi Sport Festivals, Noosa Triathlon, Mooloolaba Triathlon and IRONKIDS triathlon races. View. A 68-year-old California man battling pancreatic cancer will join the grueling Ironman competition, nearly four decades after his first triathlon. A countdown clock to count the time left to a date of your choice. To create your own countdown, for your own date, with your own look and feel, follow the link at. You took the words right out of my mouth. I am doing a half ironman next year(Aug 2016). I walked my first half marathon last year, i have registered for another one. The IRONMAN Official Site for IRONMAN triathlon 140.6 & 70.

3, 5i50, Iron Girl and IRONKIDS triathlon races. View results, course descriptions, training articles, and. maria's first ironman: continued. The leg cramp: MAJOR sign of my dehydration status.

I knew this was a critical point to make the right decision. IRONMAN Florida offers a flat course with moderate temperatures for an ideal fall race. You can read my giant novel of a race report about Ironman Coeur d'Alene here. I claim it's my "First and Last" Ironman. You all laugh at me.

Directed by Jon Favreau. With Robert Downey Jr., Gwyneth Paltrow, Terrence Howard, Jeff Bridges. After being held captive in an Afghan cave, billionaire engineer Tony. Have you contemplated the challenge of doing an IRONMAN, but the thought of giving up all your free time for training holds you back? Perhaps, you are an experienced. The IRONMAN Official Site for IRONMAN triathlon 140.6 & 70.3, 5i50, Multi Sport Festivals, Noosa Triathlon, Mooloolaba Triathlon and IRONKIDS triathlon races. View. A 68-year-old California man battling pancreatic cancer will join the grueling Ironman competition, nearly four decades after his first triathlon. A countdown clock to count the time left to a date of your choice. To create your own countdown, for your own date, with your own look and feel, follow the link at. You took the words right out of my mouth. I am doing a half ironman next year(Aug 2016). I walked my first half marathon last year, i have registered for another one.