



My first Ironman: from dream to finish

Stutisheel Lebedev

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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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