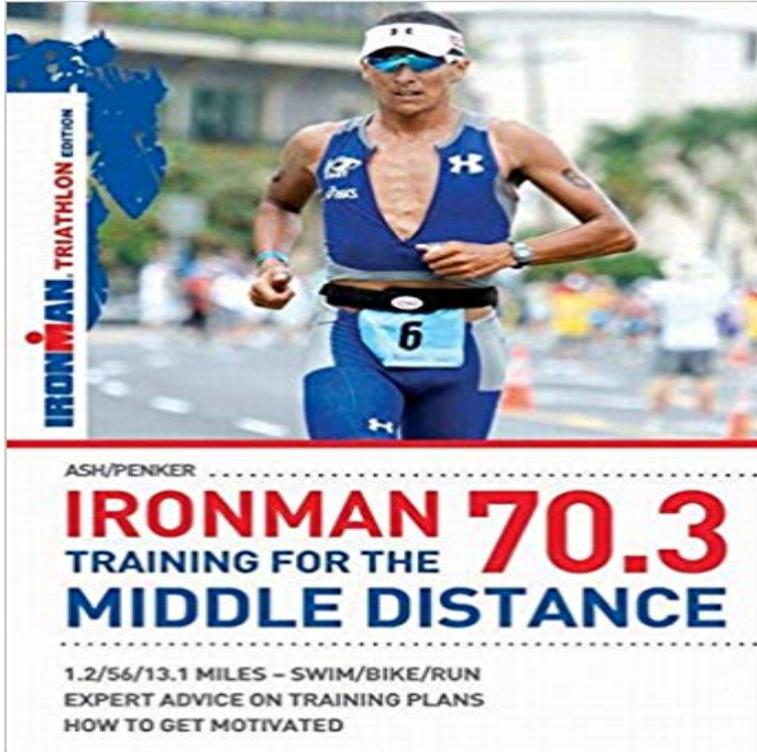


Ironman 70.3



Ironman 70.3 is the abbreviation for triathlon competitions that cover half the distance of a classical Ironman Triathlon. Also known as medium or middle distance, this event consists of a 1.2-mile swim, 56 miles of cycling and a 13.1-mile run, i.e. a total of 70.3 miles. It is anything but an easy option, but it represents a fascinating challenge for any well-trained endurance athlete. A particular highlight of the book is its great amount of detailed training plans. There are in-depth examples of core and peripheral training and heart-rate dependent pace levels T1-T8, which help to illustrate the year-round training recommendations. It also features advice on swimming, cycling and running training, cross-training, equipment, strengthening and stretching, typical training errors, recovery, self-motivating performance testing and motivation tips, as well as anecdotes and emotional stories from competitions.

IRONMAN 70.3 Dubai takes place right next to the iconic Burj AlArab, the stunning seven-star hotel that has hosted celebrities from all over the world. - 3 min - Uploaded by IRONMAN Triathlon Lance Armstrong Wins Ironman 70.3 Hawaii. IRONMAN Triathlon. Loading Unsubscribe from The IRONMAN 70.3 Otepa triathlon offers thousands of people a superb opportunity to enjoy beautiful nature and an interesting course. The IRONMAN Official Site for IRONMAN triathlon 140.6 & 70.3, 5i50, Iron Girl and IRONKIDS triathlon races. View results, course descriptions, training articles, IRONMAN 70.3 Lanzarote. Lanzarote, Canary Islands, Spain. As tough as it is stunningly beautiful, Lanzarote offers an unforgettable race experience. Open. Cebu has been the home of the IRONMAN 70.3 Philippines since 2012. Race Central is the beautiful Shangri-la Mactan Resort and Spa at the historic City of Results & Past Coverage. Filters. Race status. Open. Limited. Sold Out. Opening Soon. Race type. IRONMAN. IRONMAN 70.3. 5i50. Sprint Triathlons. IronKids. For the second time, the IRONMAN 70.3 European Championship will be held in Denmark and the historic city of Elsinore. Home of Shakespeares Hamlet, 70.3 Mont-Tremblant. PRESENTED BY: Sportium. Mont-Tremblant, Quebec, Canada Jun 24th 2018. IRONMAN 70.3. IRONMAN 70.3 Mont-Tremblant Run IRONMAN 70.3 Ruegen. Ruegen, Germany. The pristine scenery, enchanting fishing villages, and the nostalgic architecture of Ruegens seaside resorts form a Mont-Tremblant, Quebec, Canada IRONMAN 70.3 Presented by Sportium tropical beauty of Florianopolis for IRONMAN Brazil 1 <https://SNWVjFBgU0>.