



IronFit Secrets for Half Iron-Distance Triathlon Success: Time-Efficient Training for Triathlons Most Popular Distance

By Don Fink

Lyons Press. Paperback. Book Condition: New. Paperback. 256 pages. Dimensions: 9.0in. x 6.0in. x 0.6in. From the world renowned endurance sports coaches and authors of Be IronFit and IronFit Strength Training and Nutrition for Endurance Athletes, a book of time-efficient training programs for the worlds most popular triathlon the Half Iron-Distance This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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