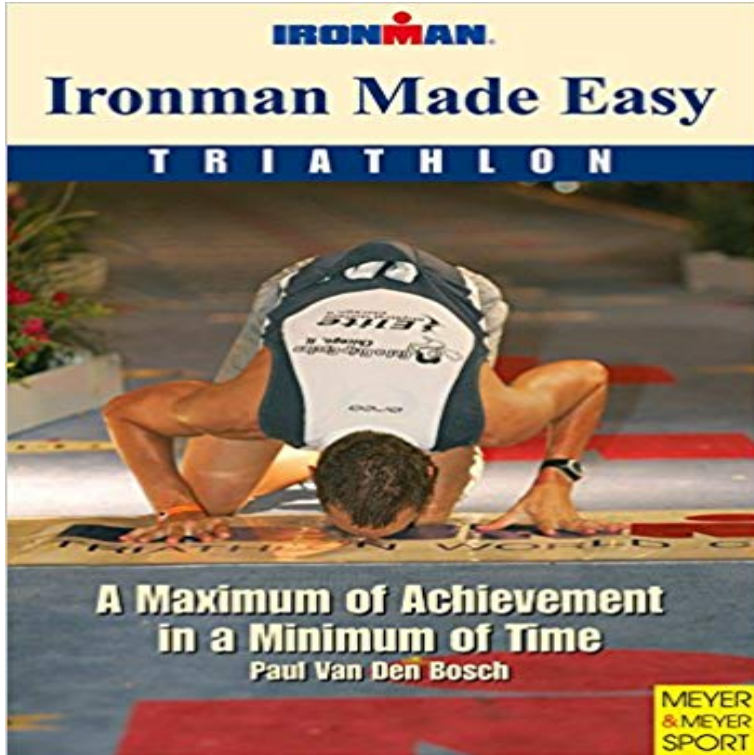


Ironman Made Easy: A Maximum of Achievement in a Minimum of Time



Not so long ago, running a marathon was the ultimate challenge for the average athlete. But nowadays, with limits constantly being pushed, more and more people regard reaching the finish line of a triathlon as the next great challenge in their lives. For many, completing an Ironman is their ultimate athletic dream, but how can they possibly fit all the preparation and training into their already busy lives? Ironman made easy proves that even the busiest individual can venture this sportive challenge if they can apply extraordinary time management and a thorough know-how. This book addresses both areas, offering elaborate training schedules and detailed schemes to help you achieve your goals. The motto of this book is simple: Chase a BIG dream with the smallest possible investment of time. You do not need to break a record! Instead, you'll learn the most efficient way to finish an Ironman triathlon - an indescribable thrill and tremendous personal accomplishment. ABOUT THE AUTHOR Paul Van Den Bosch from Antwerp, Belgium, is a professional coach of many top athletes in the fields of cycling and triathlon. As coach of the semi-professional cycling team of 5-times Tour de France winner Eddy Merckx, he was responsible for starting many young athletes on their way to a professional career. He is also the coach of wheelchair Ironman athlete Marc Herremans, with whom he founded the To Walk Again foundation, helping raise funds for research on spinal injuries. Paul has written several books on cycling training, triathlon training, and training with the heart rate monitor, all of which are bestsellers in Belgium and the Netherlands.

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