



# Lifelong Success, Triathlon: Training for Masters : Ironman Edition

*Henry Ash, Barbara Warren*

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"Forever fit through Triathlon" and "Movement is Life -Life is Movement". These mottos are of particular importance for the group of people who count as masters in international sport circles i.e. those who have already turned forty and therefore have a different sports profile to the 20-year olds. The Master Handbook accompanies all triathletes -beginners and advanced alike -in their bid to success in sport. Detailed instructions and realistic training plans both for triathletes who still go out to work and for those who have retired are the central theme of this work. All triathletes who wish to be successful are provided with the necessary advice for swimming, cycling and running training as well for triathlon competitions. Further tips and advice complete this book, for example, fitness for masters, pulse measurement, achieving one's goal despite performance limits, regeneration, equipment, nutrition, stretching not to mention numerous anecdotes from training and competition.#



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