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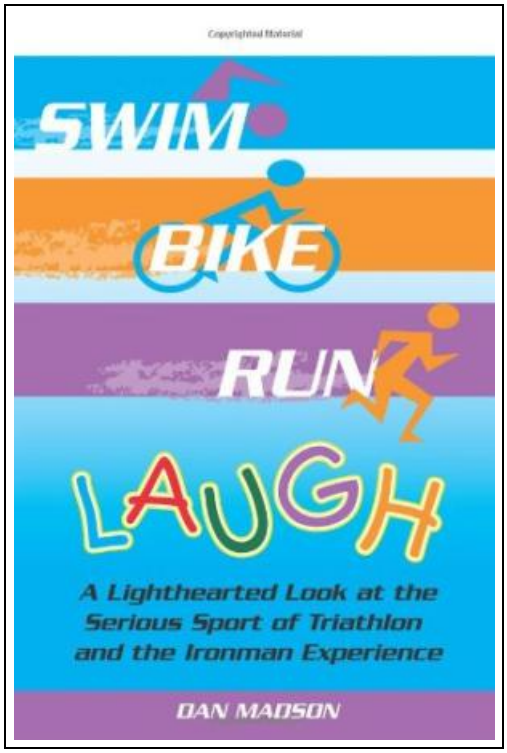

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AUTHORHOUSE, United States, 2005. Paperback. Book Condition: New. 220 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Most books written about the sport of triathlon are pretty serious-Triathlon 101, Triathlon Training for Women, or Triathlon Training on Four Hours a Week. When I began training to become a triathlete, I looked for books that related to my life situation but could find nothing like Triathlon Training for the Married, Sleep-Deprived Father of Three or How to Do an Ironman without Training at All. When I decided to write a book about the sport of triathlon and the Ironman experience, my goals were simple: 1. Provide myself with another excuse to skip some long training runs. 2. Address significant questions that a triathlete contemplates when sitting in a porta-potty before an Ironman race: Is it really necessary to put Vaseline on my nipples before the run? How can I tell if my kidneys have failed? What should I say to the people just coming out of T2 as I m finishing the race? 3. Give something back to the sport, which has given me an appreciation for the delicate art of leg shaving, the joy of getting up at 5: 00 a.m. on a regular basis, and that persistent feeling that no matter how much training I have done, I haven t done enough.

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