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Ironman 70.3: Training for the Middle Distance

Henry Ash

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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.

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