



Ironplanner: Iron-Distance Organizer for Triathletes (Ironman) (Ironman Edition)

Ingrid Loos Miller

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Don't do an Ironman without an Ironplan!

Getting the the starting line requires much more than a training plan. This book is full of worksheets and checklists that will organize every aspect of your race preparation so you don't have to. Build an Ironman Notebook so you have everything you need in one place, even if your computer dies or your cell runs out of juice.

- Start with the Ironplan Countdown, a checklist of over 100 things (over and above actually training for the event) you must do to get to the starting line calm and prepared.
- Keep track of fueling so you will have a tested nutrition strategy.
- Recognize your strengths and practice focusing skills during your workouts.
- Develop a powerful mental toolkit and build it into your race plan.
- Create a spectator kit for your friends and family.

Blank worksheets are available to purchasers that email their request to the author.

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