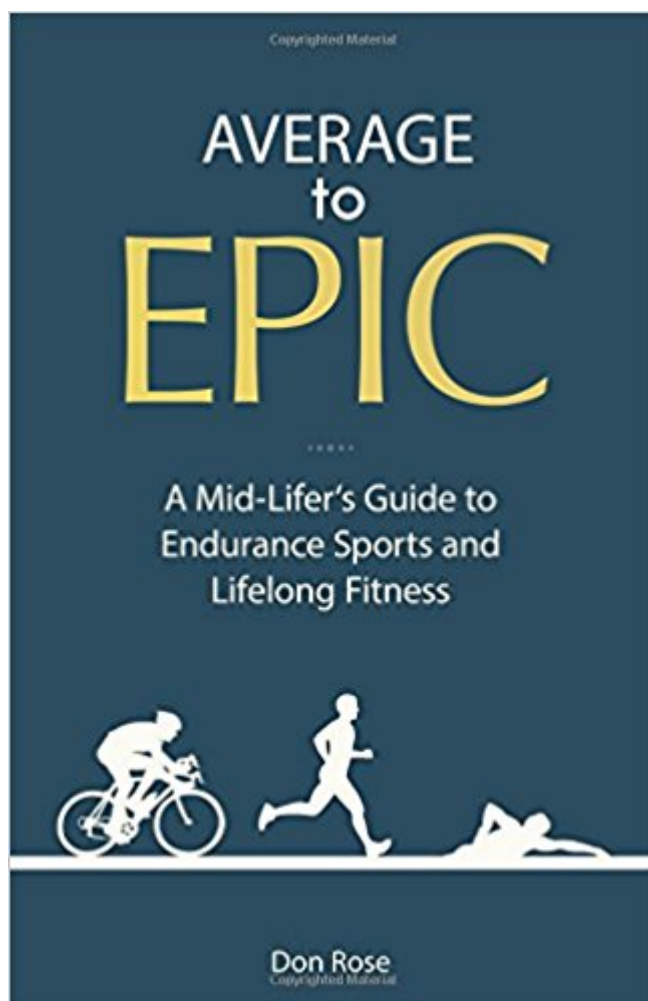


The book was found

Average To Epic: A Mid-lifer's Guide To Endurance Sports And Lifelong Fitness



Synopsis

Average to Epic is an integrated manual for helping men and women transform their lives through endurance sports. Be it riding a bike 100 miles, running a marathon, or completing long-course triathlons, this book provides the resources, practical tips, planning, and motivation for the average person to take on epic athletic challenges. It covers endurance road biking, endurance mountain biking, longdistance running, and triathlons. Many middle-aged people want to drastically improve their fitness and overall wellness. Taking that first step is often difficult. Motivation is hard because of time commitments and lack of information, guidance, and experience in endurance sports.

Average to Epic provides motivation by demystifying the world of endurance sports and helping the reader take the first steps in getting into one of these sports and training for an epic event. It helps the aspiring triathlete through the murky waters of their first triathlon as they work toward a half-Iron (70.3) or Ironman; takes the non-runner or 5k weekend warrior through the mysteries of running form on their way to completing their first marathon; demystifies the world of cycling to encourage the reader to ride 100 miles on a bike. In doing so, this book helps the reader achieve a broader and more important goal: lifelong fitness

Book Information

Paperback: 250 pages

Publisher: Meyer & Meyer Sport (July 1, 2017)

Language: English

ISBN-10: 178255114X

ISBN-13: 978-1782551140

Product Dimensions: 5.4 x 1 x 8.4 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #780,628 in Books (See Top 100 in Books) #119 in Books > Health, Fitness & Dieting > Exercise & Fitness > Triathlons #183 in Books > Sports & Outdoors > Individual Sports > Triathlon #674 in Books > Sports & Outdoors > Individual Sports > Cycling

[Download to continue reading...](#)

Average to Epic: A Mid-lifer's Guide to Endurance Sports and Lifelong Fitness
Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit)
Behind my eyes: thoughts of the average teen: thoughts of the average teen
Kickboxing Fitness: A Guide For Fitness

Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) My love for Disney: A personal account of how one Disney lover caught the Disney fever and how she became a Disney lifer Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Rich20Something: Ditch Your Average Job, Start an Epic Business, and Score the Life You Want Average To Epic Bernice Chesler's Bed & Breakfast in the Mid-Atlantic States: Fifth Edition--Delaware, Maryland, New Jersey, New York, North Carolina, Pennsylvania, ... and Breakfast in the Mid-Atlantic States) A History of Tahiti; A History of Fiji; Papua, Where the Stone-Age Lingers; The Men of the Mid-Pacific; The Islands of the Mid-Pacific; Java, the Exploited Island (Classic Reprint) Karen Brown's Mid-Atlantic 2010: Exceptional Places to Stay & Itineraries (Karen Brown's Mid-Atlantic: Exceptional Places to Stay & Itineraries) Body, Mind, and Sport: The Mind-Body Guide to Lifelong Health, Fitness, and Your Personal Best Skateboarding: How It Works (Sports Illustrated Kids: the Science of Sports) (The Science of Sports (Sports Illustrated for Kids)) Football: How It Works (Sports Illustrated Kids: the Science of Sports) (The Science of Sports (Sports Illustrated for Kids)) Hockey: How It Works (Sports Illustrated Kids: the Science of Sports) (The Science of Sports (Sports Illustrated for Kids)) Body by Science: A Research Based Program for Strength Training, Body building, and Complete Fitness in 12 Minutes a Week (NTC Sports/Fitness) 10,000 Steps Blueprint - The Daily Walking Habit for Healthy Weight Loss and Lifelong Fitness ChiWalking: Fitness Walking for Lifelong Health and Energy Getting Back in Shape: 32 Workout Programs for Lifelong Fitness

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)