



# First Time Ironman

*Rhys Chong*

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## **First Time Ironman** Rhys Chong

Learn how it is possible to stretch your limits and achieve the impossible as Rhys Chong reveals his personal experiences of training and racing in an Ironman Triathlon, despite only having a year to prepare.

Completing an Ironman Triathlon is no mean feat. An Ironman means facing a 2.4-mile (3.86km) swim, a 112-mile (180.25km) bike and a marathon 26.2-mile (42.2km) run, raced in that order without a break.

What's more, most Ironman events have a strict time limit of 17 hours to complete the race. So it's no wonder that with no prior training, Physiotherapist Rhys believed that he could never complete one. However, after training consistently for a year and working with a team of experienced professionals, Rhys eventually enjoyed the sweet success of crossing the finish line of his first Ironman in Switzerland in just 12 hours 55 seconds. To celebrate achieving this life ambition, Rhys has written First Time Ironman to provide a glimpse into the training required for an Ironman and to inspire people who may have similar sports ambitions, but are limited by their beliefs that they can succeed. Also, Rhys wants to encourage anyone facing a challenge in their life that by "having the guts to confront their fears and prepare for the unknown, they could be at the start of an incredible life-changing journey." Completing an Ironman is something you will ultimately face alone; however, the preparation is very much a team sport. "First Time Ironman" not only tells the experience like it is, but explores the support and expert guidance Rhys obtained to make an Ironman journey a happy, healthy, but most of all a memorable experience.

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#### **Eva Oleary:**

Playing with family within a park, coming to see the marine world or hanging out with buddies is thing that usually you could have done when you have spare time, subsequently why you don't try point that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love First Time Ironman, it is possible to enjoy both. It is good combination right, you still want to miss it? What kind of hang type is it? Oh seriously its mind hangout folks. What? Still don't obtain it, oh come on its known as reading friends.

#### **Kim Marshall:**

Do you have something that that suits you such as book? The reserve lovers usually prefer to decide on book like comic, limited story and the biggest an example may be novel. Now, why not seeking First Time Ironman that give your entertainment preference will be satisfied simply by reading this book. Reading addiction all over the world can be said as the method for people to know world better then how they react to the world. It can't be said constantly that reading habit only for the geeky man but for all of you who wants to possibly be success person. So , for all of you who want to start examining as your good habit, you are able to pick First Time Ironman become your starter.

#### **Christine Brooks:**

The book untitled First Time Ironman contain a lot of information on it. The writer explains the girl idea with easy means. The language is very straightforward all the people, so do certainly not worry, you can easy to read it. The book was authored by famous author. The author provides you in the new period of time of literary works. You can easily read this book because you can continue reading your smart phone, or product, so you can read the book within anywhere and anytime. In a situation you wish to purchase the e-book, you can open up their official web-site as well as order it. Have a nice learn.

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