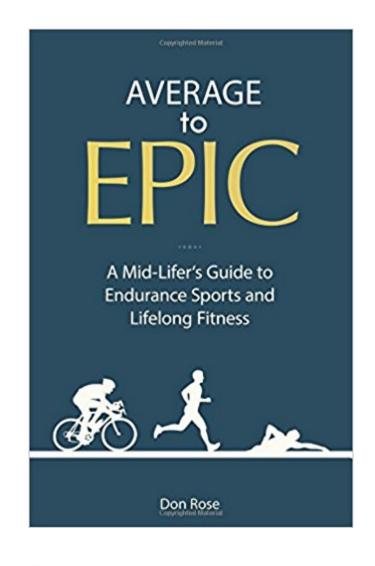


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Average To Epic: A Mid-lifer's Guide To Endurance Sports And Lifelong Fitness





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 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

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