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~~Ironfit Strength Training And Nutrition~~

~~Their innovative approaches to strength training and nutrition not only complement an athlete's sport-specific training, but they do so in the most time-efficient and enjoyable way possible. Multi-sport and multi-leveled, this book provides 27 specific program schedules - 9 sports and 3 levels each to give readers: 1) A progressive strength and core training program for their specific sport and level.~~

~~Ironfit Strength Training and Nutrition for Endurance ...~~

~~Don and Melanie Fink of IronFit® have coached hundreds of athletes over several decades at all levels, from weekend warriors to world champions. Their innovative approaches to strength~~

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training and nutrition not only complement an athlete's sport-specific training, but they do so in the most time-efficient and enjoyable way possible.

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We offer a more PERSONAL training session Building confidence, self-motivation, goal setting Making you STRONGER, run FASTER, feel BETTER and look GREAT Athletes. Competitors. Allies. The Driven Strength Training Agility & Plyometrics Nutritional Consulting

Iron Fit Strength and Conditioning – Making you Iron Fit

Don and Melanie Fink of IronFit® have coached hundreds of athletes over several decades at all levels, from weekend warriors to world champions. Their innovative approaches to strength training and nutrition not only complement an athlete's sport-specific training, but they do so in the most time-efficient and enjoyable way possible.

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Ironfit Strength Training and Nutrition for Endurance Athletes: Time Efficient Training Secrets for Breakthrough Fitness by Fink, Don; Fink, Melanie at AbeBooks.co.uk - ISBN 10: 0762782943 - ISBN 13: 9780762782949 - Lyons Press - 2013 - Softcover

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Be Iron Fit contains: * The essential workouts with exercise photography * The training cycle * Core training * 30-week training programs * Effective time management * The principle of gradual adaptation * Effective heart-rate training * Proper technique * Equipment tips * Race and pre-race strategies * Mental training * Effective goal setting and race selection * Nutrition * And much more.

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