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Accidental Ironman How Triathlon Ruined

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· his many triathlon mishaps, including being lost at sea, incontinence, driving bans, broken bones, public nudity, trapped in Belgian portaloos, and much more --This text refers to the paperback edition.

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The anecdote is typical of Brunt's Mr Bean-like slide into the

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world of amateur athletics, which he has documented in the book *Accidental Ironman: How Triathlon Ruined My Life*. Brunt was 35 and...

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We take a flick through Brunty's *Accidental Ironman*

Martyn Brunt's book *Accidental Ironman - 220 Triathlon Father Athlete Storyteller Living in Symbiosis* At age 50 I went from my first triathlon to an IronMan 140.6 in 6 months. I have never met anyone who didn't have an inspiring story to help motivate all of us on our life's journey

Accidental IronMan

Accidental Ironman: How Triathlon Ruined My Life (Paperback) \ Doc # 3TVOVLX7NQ *Accidental Ironman: How Triathlon Ruined My Life* (Paperback) By Martyn Brunt Little, Brown Book Group, United Kingdom, 2014. Paperback. Condition: New. UK ed.. Language: English . Brand New Book. Having spent 10 years scaling the lower echelons of the sport,

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Accidental Ironman: How Triathlon Ruined My Life
(Paperback)

Accidental Ironman How Triathlon Ruined My Life. Martyn Brunt. \$3.99; \$3.99; Descripción de la editorial. Having spent 10 years scaling the lower echelons of the sport, the time has come for one of Britain's least successful athletes to reveal all about how he got involved in all this nonsense in the first place. Marvel as he reveals:

?Accidental Ironman en Apple Books

The story does not make any sense, mainly because I just cant see how triathlon ruined this guy's life : his wife is very supportive (she eventually decide to enrol in a triathlon herself), the guy seems to be quite proud to fulfill his objective of doing an IronMan and he even enrol in another one after his debut, he is quitte successful a it (see his performances in cycling).

Having spent 10 years scaling the lower echelons of the sport, the time has come for one of Britain's least successful athletes to reveal all about how he got involved in all this nonsense in the first place. Marvel as he reveals: His sporting history - how being last pick at school football in the 1970s set him on course for a lifetime of being rubbish at team games. How he took up triathlons in the first place (for a bet, and the cow who made it with him never paid up). How he overcame a crippling lack of talent and a chorus of complete indifference from his family to complete 10 Ironmans, all

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outside the top 500 finishers. The many triathlon adventures he has experienced over the past 10 years (cow pats, Ironmans, incontinence, driving bans, broken bones, public nudity, spending entire redundancy payments on a new bike, Belgian portaloo's, German knocking shops, sunburnt arse cheeks, channel swimming, fights with chavs, obsessions with weather and the nutritional value of Jaffa Cakes, 3 hour marathons, chronic dehydration and so on). The many and varied idiots he's got to know as a result of taking up the sport (aka his mates). The typical training (hell) he goes through to take part in a race given he has absolutely no ability whatsoever. How triathlons ultimately caused him to sell his Mercedes, give away his expensive suit, chuck in his job in the City and become, as his father put it, a "god-damned hippy" (A cycle path designer who owns a camper van).

This book is both a lesson in true grit and determination, but its goal is one that is attainable. Andy isn't a sporting superstar, he holds down a 9-5 job and all the pressures that go with it; he isn't blessed with speed and talent; there are no multi-million pound sponsorship deals; yet this remarkable "common man" is inspiring in a way that some of today's sporting superstars have forgotten how to be. You wouldn't recognize Andy in the street, yet his story provides valuable lessons to us all: "Never give up" and "Anything is possible." Can't Swim, Can't Ride, Can't Run follows Andy Holgate's epic journey from being an overweight librarian to an Ironman triathlete. Before he could even begin the rollercoaster ride which amassed more punctures than Andy cares to remember, this would-be Superman had first to buy a second-hand bike and take swimming lessons. Along the way, he ended up in hospital, dealt with family crises, encountered crocodiles and deadly amoebas, and persuaded his friends that doing an Ironman event is what normal people do on

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their stag weekend. This is the inspirational, amusing and moving story of how one normal bloke learnt how to fall off a bike and not injure himself, to run a marathon despite two dodgy knees, and most importantly how not to drown.

Swim, Bike, Run is the ultimate triathlon book, from Olympic heroes the Brownlee brothers The Olympic Triathlon, Hyde Park, London August 7th 2012 'We jogged to our positions on the pontoon: two brothers, side by side, the world and everyone we ever cared about looking on. Eighteen years of training, culminating in this single race. Noise from the crowd impossible to imagine. Hearts thumping. Swim-hats pulled tight, goggles lowered. Into a crouch, poised for the hooter. Three. Two. One...' This is the story of how two skinny lads from west Yorkshire became the best triathletes in the world. Meet the Brownlees: Olympic Champion Alistair, World Champion Jonny. Brothers, training partners, rivals. They have obliterated the competition and set new standards for swimming, biking and running. But the Brownlee brothers have never forgotten their roots. They still do their schoolboy hill runs and Dales rides; still train harder and longer than anyone; still push each other to new heights. In this revealing, often very funny book they take us inside their world and inside their races. It's both a riveting story of brotherly rivalry and a rare insight into what it takes to be the best. Swim, Bike, Run is also packed with training secrets. Whether you are thinking about your first triathlon or are a seasoned competitor, here are unique sections on how to swim, bike and run, and advice on nutrition, injury, and mental approach. With the Brownlees in your corner, you will do more than you ever thought possible. This book is essential reading for anyone interested in swimming, cycling and running and will be loved by readers of Mark Cavendish's Boy Racer and Running with the Kenyans. Alistair Brownlee, 24, is a British

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triathlete from Yorkshire. He is the reigning Olympic champion, a back-to-back European champion and a two-time World champion. Jonathan Brownlee, 22, is also a British triathlete from Yorkshire. He is the reigning World Champion, a two-time World Sprint champion and an Olympic bronze medalist. 'Sport has two new heroes: a couple of nice lads from Yorkshire ' The Times

Chrissie Wellington, the world's number one female Ironman athlete and four-time World Ironman Champion, presents her struggles, wisdom, and experiences gained from her hard-won career as a triathlete. With close to 2 million core participants, triathlons of various distances and challenges are attracting more participants than ever before. In *TO THE FINISH LINE*, one of the sports' greatest legends brings triathlon to life, with guidance for newbies or experienced athletes, to achieve their best triathlons-no matter their ability. Filled with training tips, practical advice and inside information from a champion, triathletes of all levels can benefit from Wellington's experience and insight. Her book will guide readers on their own journey, whether that be a sprint or an Ironman, and encourage them to rise to every new challenge.

Powered From Within will motivate runners and triathletes of all levels. Stories include profiles of two-time Ironman world champion Craig Alexander and his preparations for Kona 2009; three-time Paralympian and runner Gerrard Gosens; Ron Stuart who became a steeplechase world champion in his 60s after injury and polio halted his ambitions as a young athlete; Kate Rowe who became an Ironman 70.3 world champion in her 50s after taking out a \$25,000 loan to fulfill her dream; and Bernie Millett who at the age of 67 runs a 3:16 marathon. Top running coaches Dave Scott-Thomas and Kevin Smith provide advice on marathon training. Age-

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group triathletes reveal their strategies to gain a mental advantage on race day. Female triathletes discuss their approach to the sport.

Based on Stanford University psychologist Kelly McGonigal's wildly popular course "The Science of Willpower," *The Willpower Instinct* is the first book to explain the science of self-control and how it can be harnessed to improve our health, happiness, and productivity. Informed by the latest research and combining cutting-edge insights from psychology, economics, neuroscience, and medicine, *The Willpower Instinct* explains exactly what willpower is, how it works, and why it matters. For example, readers will learn:

- Willpower is a mind-body response, not a virtue. It is a biological function that can be improved through mindfulness, exercise, nutrition, and sleep.
- Willpower is not an unlimited resource. Too much self-control can actually be bad for your health.
- Temptation and stress hijack the brain's systems of self-control, but the brain can be trained for greater willpower
- Guilt and shame over your setbacks lead to giving in again, but self-forgiveness and self-compassion boost self-control.
- Giving up control is sometimes the only way to gain self-control.
- Willpower failures are contagious—you can catch the desire to overspend or overeat from your friends—but you can also catch self-control from the right role models.

In the groundbreaking tradition of *Getting Things Done*, *The Willpower Instinct* combines life-changing prescriptive advice and complementary exercises to help readers with goals ranging from losing weight to more patient parenting, less procrastination, better health, and greater productivity at work.

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The 1989 Ironman World Championship was the greatest race ever in endurance sports. In a spectacular duel that became known as the Iron War, the world's two strongest athletes raced side by side at world-record pace for a grueling 139 miles. Driven by one of the fiercest rivalries in triathlon, Dave Scott and Mark Allen raced shoulder to shoulder through Ironman's 2.4-mile swim, 112-mile bike race, and 26.2-mile marathon. After 8 punishing hours, both men would demolish the previous record--and cross the finish line a mere 58 seconds apart. In his new book *Iron War*, sports journalist Matt Fitzgerald writes a riveting epic about how Allen and Scott drove themselves and each other through the most awe-inspiring race in sports history. *Iron War* goes beyond the pulse-pounding race story to offer a fascinating exploration of the lives of the world's two toughest men and their unquenchable desire to succeed. Weaving an examination of mental resolve into a gripping tale of athletic adventure, *Iron War* is a soaring narrative of two champions and the paths that led to their stunning final showdown.

In 2007, Chrissie Wellington shocked the triathlon world by winning the Ironman World Championships in Hawaii. As a newcomer to the sport and a complete unknown to the press, Chrissie's win shook up the sport. *A LIFE WITHOUT LIMITS* is the story of her rise to the top, a journey that has taken her around the world, from a childhood in England, to the mountains of Nepal, to the oceans of New Zealand, and the trails of Argentina, and first across the finish line. Wellington's first-hand, inspiring story includes all the incredible challenges she has faced--from anorexia to near--drowning to training with a controversial coach. But to Wellington, the drama of the sports also presents an opportunity to use sports to improve people's lives. *A LIFE WITHOUT LIMITS* reveals the heart behind Wellington's success, along with the diet,

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training and motivational techniques that keep her going through one of the world's most grueling events.

Susan and Carlos were unlikely friends. She was a young, overweight college professor and a bit of a trainwreck—juggling a divorce, a pack-a-day habit, and hiding empty boxes of wine under her bed. He was her boss, an Ironman triathlete, with life figured out. She was a whiner, he was a hard-ass. He had his shit together, she most assuredly did not. Trash-talking workouts, breakdowns, a devastating diagnosis—this heartwarming story of training buddies reveals a deep and abiding friendship that traversed life, sport, and everything in between. Their journey reveals the inspiring power of sports and friendship to change lives forever. Amusing and poignant, *Life's Too Short To Go So F*cking Slow* is about running and triathlon, growth and heartbreak, and an epic friendship that went the distance.

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