

# Eating Elephants: An Iron-Distance Triathlon for Beginners



## Eating Elephants. Ironman Distance Triathlon For Beginners by Dr. Tekemia Dorsey

★★★★★ 5 out of 5

Language	: English
File size	: 525 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 44 pages
Lending	: Enabled



Are you ready to take on the ultimate endurance challenge? An iron-distance triathlon is the ultimate test of mind, body, and spirit. It's a 140.6-mile race that consists of a 2.4-mile swim, a 112-mile bike ride, and a 26.2-mile run. It's a daunting task, but it's also an incredibly rewarding one.

In *Eating Elephants*, first-time triathlete Rich Roll shares his inspiring story of completing an iron-distance triathlon. Rich was a self-proclaimed couch potato who had never run a marathon or even ridden a bike more than 20 miles. But he was determined to prove to himself that anything is possible if you set your mind to it.

*Eating Elephants* is not just Rich's story. It's also a practical guide to completing an iron-distance triathlon. Rich shares his training plan, nutrition

tips, and motivation strategies. He also provides invaluable advice on how to overcome the mental and physical challenges of this grueling race.

Whether you're a seasoned triathlete or a complete beginner, Eating Elephants will inspire you to take on this incredible challenge. Rich's story is a testament to the power of the human spirit. It's a story that will make you believe that anything is possible if you set your mind to it.

## Free Download your copy of Eating Elephants today!

Eating Elephants is available in paperback, ebook, and audiobook formats. Free Download your copy today and start your journey to completing an iron-distance triathlon.

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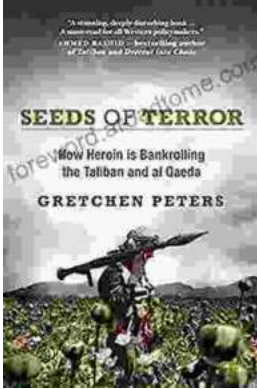
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