Project Ironman: Beginners guide to Ironman Races

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I have written this book over the course of the last 5 years leveraging the contents as I coach and train for Ironman distance races. There seemed to be a gap to help assist self-coached athletes to pull together the pieces helping them achieve their personal goals in endurance sports. Most books I have read are excellent for helping to define training plans, use of training technologies, sprinkled with a few inspirational stories of how people overcame their challenges to achieve their triathlon goals. The challenge for some of us, myself included, is that technology and the details of the workouts are only a piece of the puzzle that help us to achieve our goals. They are the needed evils of training for our sport, but what seemed to be missing was a method to pull the information together in a manner that wasn't completely overwhelming. My approach was developed to ensure I had triathlon / work / life balance (and not necessarily in that order!) in an easy-to-understand methodology. Most of us hold down full time jobs and have kids or other family activities at the very least. I have a unique background for this journey with you. I am veteran of many marathons and all Triathlon-length races, including multiple Ironman's. I am an IRONMAN CERTIFIED Coach. I am also a seasoned project manager since the early 90's, and have managed numerous multimillion dollar complex projects. The discipline instilled by project management, with budget, scope, schedule and quality constraints, naturally lent itself to a logical and ordered approach for tackling the Ironman goals. I took my simple approach that I apply to large projects and applied it for endurance sports.

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