



## Ironman 70.3: Training for the Middle Distance (Ironman Edition)

By Henry Ash, Marlies Penker

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## Ironman 70.3: Training for the Middle Distance (Ironman Edition) By Henry Ash, Marlies Penker Bibliography

- Sales Rank: #1163321 in Books
- Brand: Brand: Meyer Meyer Fachverlag und Buchhandel GmbH
- Published on: 2009-03-01
- Original language: English
- Number of items: 1
- Dimensions: .43" h x 6.54" w x 9.52" l, 1.00 pounds
- Binding: Paperback
- 182 pages

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### **Editorial Review**

#### About the Author

Henry Ash is a successful sports writer, with 18 books to his name. He has also completed more than 250 triathlons, including the world famous Hawaii Ironman. Marlies Penker is an avid runner, with an Ironman personal record of less than ten hours.

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