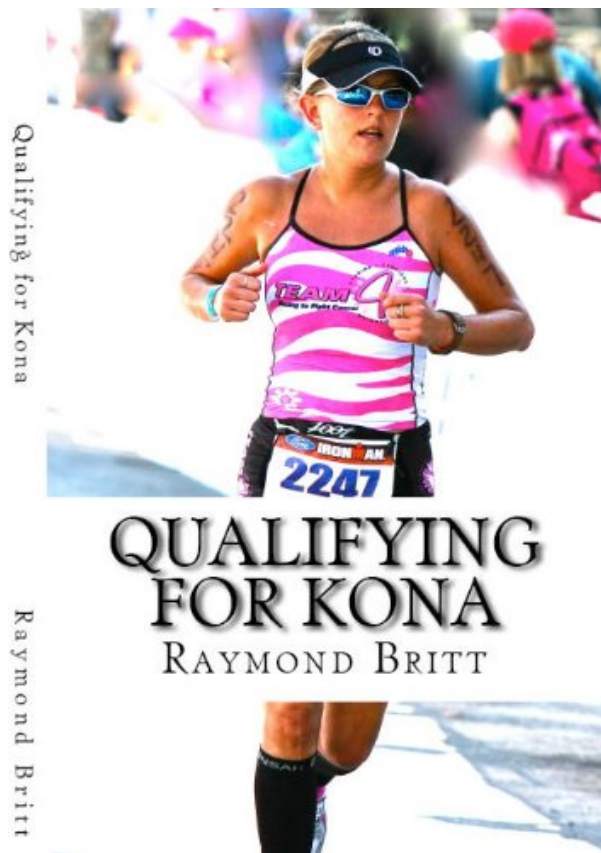


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## Review

"A masterful job of breaking down the impossible, and making it seem very much within reach if you have dedication, focus, and desire" -- 'Hurricane' Bob Mina, 6-time Ironman Finisher

## About the Author

Raymond Britt is managing partner of WinSight Ventures, founder and publisher of RunTri.com, and a veteran of 29 Ironman Triathlons and 13 Boston Marathons.

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Ironman Kona, Hawaii. Inspiring. Daunting. Stunning. Humbling. Exhilarating. The greatest triathlon in the world. The Ironman Triathlon World Championship.

It all starts in Kona. Ask any triathlete why they took up the sport, and they will reply with one word: Kona. Ask if they want to compete there someday, and the answer will be: yes.

Each year, more than 50,000 triathletes race for the chance of qualifying to compete in Kona. Competition is fierce and getting tougher each year, but if you want it bad enough, you can achieve the dream: you can earn the right to Race Kona.

If you aspire to go to Kona, here's what you want to know: where can I qualify? What does it take to qualify? How can I do it with a full-time job and family? What kind of training plans are effective? what is it like to race and qualify? What is it like to race in Kona? Again and again and again?

This book has it all, and more. Detail about racing, qualifying times. Thorough exploration of three racing seasons where the author qualified for Kona, including training plan strategies, details and results.

Beyond theory: this book is defined by real data, real performance, time-tested training and racing perspective.

[Updated for 2011]

Do you dream of qualifying for Kona? This book shows how the dream comes true.

- Sales Rank: #808938 in eBooks
- Published on: 2010-11-28
- Released on: 2010-11-28
- Format: Kindle eBook

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Most helpful customer reviews

0 of 0 people found the following review helpful.

Very Helpful

By A Customer

The author provides a vivid description of what to expect, as well as how to combat the rookie mistakes on the road to Kona.

11 of 12 people found the following review helpful.

Making the impossible seem possible, by the numbers

By Robert A. Mina

As a triathlete for the past 16 years, I've always felt that Ironman Hawaii was the pinnacle of our sport. It's The Holy Grail sitting atop Mount Everest, only available to the talented few who had thousands of dollars, and thousands of hours, at their disposal. In my mind it was the playground for the truly dedicated who put family, job, and everything else second to qualifying.

But that's not true, and Ray does a masterful job of breaking down the impossible, and making it seem very much within reach if you have dedication, focus, and desire.

He's a guy who's done it - talked the talk, and walked the walk. Working full-time, traveling, and raising 4 children, Ray has managed to earn his ticket to Kona three times, while averaging his training volume in the 9-hour per week range; a far cry from the 15-20 hour weeks you read about in other guides.

Ray lays out the numbers in black-and-white: Here's what I did, when I did it, and how it worked.

It still takes hard work and absolute consistency, but Ray puts the recipe in the reader's hands.

6 of 6 people found the following review helpful.

Good book but not good for Kindle

By T. Smith

This book is a good read for the average person that is looking for the extra vote of confidence needed to commit to doing an Ironman. I would not recommend buying the Kindle version of this book because it is filled with charts/tables that are not readable (even when zooming in) on the Kindle. Also there were numerous typographical errors that I can only assume were caused by whoever converted the book to a kindle version. Overall, this is not some inspirational conquer-all story. It is a simple story of an ordinary man with a regular life / work / kids, that was able to fit an average of 6-9hrs/wk training for an Ironman and make it to Kona.

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