

CAN'T SLEEP, CAN'T TRAIN, CAN'T STOP

MORE MISADVENTURES
IN TRIATHLON

ANDY
HOLGATE



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Can't Sleep, Can't Train, Can't Stop Andy Holgate, 2012-12-15 Continuing Andy's inspirational journey from where Can't Swim Can't Ride Can't Run left off a chronicle of his attempt to complete two Ironman triathlons six weeks apart. A 2.4 mile swim a 112 mile bike ride and a 26.2 mile run make the Ironman triathlon one of the hardest one day endurance challenges on the planet. Now take those events and transfer them to a volcanic rock with cruel winds searing sun rough seas and nosebleed inducing hills and you have Ironman Lanzarote. Why then would Andy Holgate who admittedly has never swum in the sea who can't cope with the wind sun or even stairs take on such an extreme challenge? Simple because he can. Already in his 40th year would Andy make it to his 41st? Would Lanzarote prove one triathlon too far or will Andy succeed against the odds and live to swim ride and run another day. [How to Be a Triathlete - Don't Drown Don't Fall Don't Crash](#) 8333 8333 Publishing, 2020-03-14 Use This Paperback Training Log To Record Your Daily Training Sessions You have a dream of completing a triathlon That's great Use this log journal to keep track of your training distances and times each day It's a perfect way for triathletes to track your progress as you work towards your triathlon The Cover The cover is a sturdy paperback book with a glossy finish The binding is the same as a standard paperback book The journal may need to be pressed open to lie flat Size Dimensions 6 x 9 The Interior The interior of the journal holds 102 pages of log sheets This journal is ideal for anyone who is training for an upcoming triathlon It also makes a great gift Now that you've got all the details on this book click the buy button to get your copy today *Did Not Finish* George Mahood, 2021-07-21 Is running a marathon with your partner a wise idea What about taking part in a triathlon together George is about to find out as he and his wife Rachel put their marriage to the test Now settled into life in Devon with their three children they try to encourage a more active family lifestyle with camping holidays family bike rides hill walking and canoe trips But things rarely go smoothly Meanwhile George continues to set himself ridiculous challenges Having been a complete novice swimmer only a year earlier he decides to confront his incompetence head on By signing up for a 10km swim How hard can it be Anyone reading George's books hoping for useful training tips for their own adventures and challenges might be disappointed His training methods and pre race preparations are unconventional and perhaps not recommended but there might be some nuggets of unintentional wisdom amongst the chaos *Did Not Finish* is a series of books about George and his family's adventures in running cycling and swimming From ultramarathons to triathlons 10k swims to European cycling adventures George promises fun and laughter every step pedal and paddle of the way **The Triathlon Training Book** DK, 2016-02-16 The Triathlon Training Book is your one stop reference for training and competing in a triathlon Find all the essentials you need to start training and improve your performance Clear customizable training plans for all triathlon distances Step by step exercises to build your strength Incredible illustrations that explain efficiency and speed Expert advice on race day strategy nutrition and equipment Trustworthy advice on treating common triathlon injuries and maintaining a healthy body Whether

you are a first timer or a seasoned Ironman veteran you ll find what you need in The Triathlon Training Book There s even a special performance chapter with detailed anatomical artwork that explains the physiology and body mechanics for swimming cycling and running so you can see what s happening inside your body as you train **The Triathlon Training Book** DK,2016-02-16 The Triathlon Training Book is your one stop reference for training and competing in a triathlon Find all the essentials you need to start training and improve your performance Clear customizable training plans for all triathlon distances Step by step exercises to build your strength Incredible illustrations that explain efficiency and speed Expert advice on race day strategy nutrition and equipment Trustworthy advice on treating common triathlon injuries and maintaining a healthy body Whether you are a first timer or a seasoned Ironman veteran you ll find what you need in The Triathlon Training Book There s even a special performance chapter with detailed anatomical artwork that explains the physiology and body mechanics for swimming cycling and running so you can see what s happening inside your body as you train Author Bio James Beckinsale MSc and BTA Level 3 is one of the UK s leading high performance triathlon coaches Founder of Optima Racing Team in London and an Olympic and Commonwealth Games Coach he has been training novice and elite athletes for 17 years James has coached age group triathletes to medal at World European and Ironman competitions and his website is www.optimaracingteam.com **Swim, Bike, Run, Laugh!** Dan Madson,2005-06 The Best of the Old West is a rollicking tale of frontier justice Set in the period just before the American Civil War the story follows one lawman s quest for justice across the breadth of a new nation This period is little known for anything except the details of the war What is rarely shown though is the vibrancy of a young nation just coming into its prime The story is a lavish illustration of that pulsing life contrasting the stark reality of the frontier with the elegance and society of the settled East Set against this panorama is a story of love duty adventure and romance which speaks to anyone who has ever been in love or is still hoping to find it Eat Sleep Triathlon Repeat Notebook M. C. Tree,2019-04-13 Great gift idea for a very special personThis is an empty 110 page lined notebook with mat cover Cool gift for all Triathlon Athletes and Fans Ideal for the next race Ideal for the next marathon meeting or to plan your next tour Show everyone what your favorite hobby is Whether Men or Women Perfect for all who look for special Triathlon Books With this journal for triathletes you can record your diet scientifically Great accessory for all athletes Perfect planner for your next big tournament **Inside Triathlon Training Diary** Joe Friel,1997-10 **No, Seriously, My Training Starts Tomorrow** Mica Roman Mica,Roman Mica,2007 In his second book Mica travels to Europe to compete in his second Ironman race in Austria where he goes from being a newbie triathlete to sponsored age group athlete and age group winner only to be disqualified *3 Triathlon Secrets Don't Drown Don't Crash Don't Walk* Jaygo Gifts,2019-06-19 This blank paperback journal is perfect for a triathlon competitor to keep track of workouts practice times and goals Use it to keep you motivated while training or to record thoughts and ideas after a race It is a great gift for a triathlete

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web belonging or relating to the people who lived in scandinavia in the past especially the vikings norse mythology a norse god warrior