

IRONMAN 70.3 BY HENRY ASH

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[Bike - IRONMAN Official Site | IRONMAN triathlon 140.6 & 70.3](#)

The bike course takes athletes outside of Louisville toward Oldham and Henry counties and includes a two-loop section through the historic town of LaGrange. Athletes will be challenged with plenty of rolling hills.

[Ironman 70.3: Training for the Middle Distance - Henry Ash ...](#)

"70.3 Ironman" is the abbreviation for triathlon competitions that cover half the distance of a classical Ironman Triathlon. However, the Ironman 70.3 consisting of 1.9 km swimming, 90 km cycling and 21.1 km running, i.e. a total of 113 km or 70.3 miles, is anything but an easy option.

[IRONMAN Louisville Bike - IRONMAN triathlon 140.6 & 70.3](#)

The bike course takes athletes outside of Louisville toward Oldham and Henry counties and includes a two-loop section through the historic town of LaGrange. Athletes will be challenged with plenty of rolling hills.

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[Ironman 70.3: Training for the Middle Distance by Henry Ash](#)

Ironman 70.3 is the abbreviation for triathlon competitions that cover half the distance of a classical Ironman Triathlon. Also known as medium or middle distanceA, this event consists of a 1.2-mile swim, 56 miles of cycling and a 13.1-mile run, i.e. a total of 70.3 miles.

[IRONMAN 70.3 Muncie Bike - IRONMAN Official Site | IRONMAN ...](#)

Bike. Athletes can expect a very fast out-and-back bike course with 56 miles of closed state highways and country roads that wind through rural Delaware and Henry counties.

[Ironman 70.3: Training for the Middle Distance by Henry Ash](#)

Ironman 70.3 has 18 ratings and 2 reviews. Brian said: As someone who is just getting into the sport I found this book to have many good tips on traini

[Age Group Rankings - IRONMAN triathlon 140.6 & 70.3](#)

Age Group Rankings Powered by Active. The Age Group Ranking Powered by Active (AGR) program provides athletes a way to measure race performance against other

competitors and ultimately decide who will be an IRONMAN All World Athlete.

IRONMAN 70.3 Dun Laoghaire

Aug 25 2019, IRONMAN 70.3 Dun Laoghaire Dun Laoghaire, Co. Dublin, Ireland. D n Laoghaire, Co. Dublin, has a rich maritime history. It is known as an idyllic sailing location and is famous for its fresh seafood and dramatic sunsets.

Ironman 70.3 - Wikipedia

Ironman 70.3 history. The first Half Ironman branded race was Half Ironman UK, which was raced in 2001. However, prior to the launch of the 70.3 series in 2005, races were then known as Half Ironman before adopting the Ironman 70.3 label. The oldest half-iron-distance race, though not under the WTC umbrella at the time, is the Superfrog.

IRONMAN 70.3 Muncie Course - IRONMAN Official Site ...

Bike. Athletes can expect a very fast out-and-back bike course with 56 miles of closed state highways and country roads that wind through rural Delaware and Henry counties.

IRONMAN 70.3 Victoria

The 2019 IRONMAN 70.3 Victoria will offer 40 qualifying slots to the 2019 IRONMAN 70.3 World Championship in Nice, France. The 2019 IRONMAN 70.3 will offer 25 additional slots dedicated to the Women for Tri initiative, applied across all female age group categories.

IRONMAN Louisville Course - IRONMAN triathlon 140.6 & 70.3

Swim. The 2.4-mile swim course is a unique, point-to-point swim set in a rolling start fashion (athlete position is first-come, first-serve). Athletes will jump off the dock adjacent to Tumbleweed Tex Mex Grill & Margarita Bar and finishes at the wharf just west of the Great Lawn.

IRONMAN 70.3 Ohio - Home | Facebook

IRONMAN 70.3 Ohio – 45 S Henry St., Delaware, Ohio 43015 - Rated 4.7 based on 32 Reviews "Overall well organized and well run event, course is nice

Ironman 70.3: Training for Middle Distance, Book by Henry ...

Ironman 70.3 is the abbreviation for triathlon competitions that cover half the distance of a classic Ironman Triathlon. The Ironman 70.3 consists of a 1.2 mile swim, 56 miles of cycling and a 13.1 mile run.