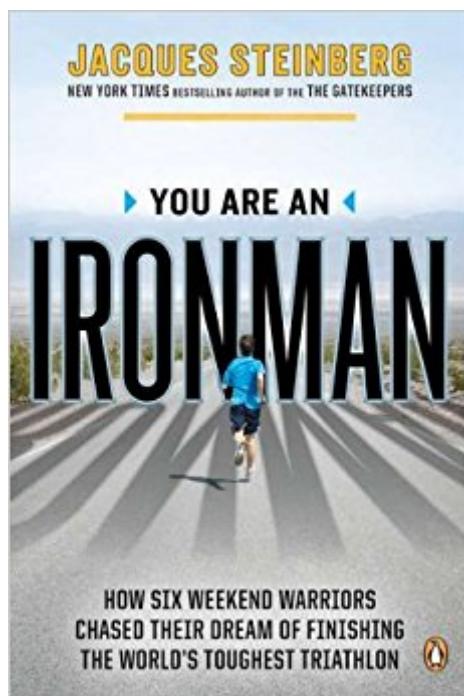


The book was found

# You Are An Ironman: How Six Weekend Warriors Chased Their Dream Of Finishing The World's Toughest Triathlon



## Synopsis

A New York Times bestselling author takes readers inside the Ironman triathlon. As he did so masterfully in his New York Times bestseller, *The Gatekeepers*, Jacques Steinberg creates a compelling portrait of people obsessed with reaching a life-defining goal. In this instance, the target is an Ironman triathlon—a 2.4-mile open-water swim followed by a 112-mile bike ride, then finally a 26-mile marathon run, all of which must be completed in no more than seventeen hours. Steinberg focuses not on the professionals who live off the prize money and sponsorships but on a handful of triathletes who regard the sport as a hobby. Vividly capturing the grueling preparation, the suspense of completing each event of the triathlon, and the spectacular feats of human endurance, Steinberg plumbs the physical and emotional toll as well as the psychological payoff on the participants of the Ford Ironman Arizona 2009. His *You Are an Ironman* is both a riveting sports narrative and a fascinating, behind-the scenes study of what makes these athletes keep going..

## Book Information

Paperback: 304 pages

Publisher: Penguin Books; Reprint edition (June 26, 2012)

Language: English

ISBN-10: 014312207X

ISBN-13: 978-0143122074

Product Dimensions: 5.3 x 0.8 x 8 inches

Shipping Weight: 8.5 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars See all reviews (79 customer reviews)

Best Sellers Rank: #95,237 in Books (See Top 100 in Books) #32 in Books > Sports & Outdoors > Other Team Sports > Track & Field #35 in Books > Health, Fitness & Dieting > Exercise & Fitness > Triathlons #46 in Books > Sports & Outdoors > Individual Sports > Triathlon

## Customer Reviews

Let me start by saying that as a triathlete - Olympic, non Ironman - I've read quite a few of this "genre" now. Whilst I'm not saying I'm an expert, I'd like to think I've got some background knowledge here. The book is an attempt to look at 6 very different people. To see the reasons why they signed up. To see how they trained. How they balanced their work/family/training. To try to get inside their heads and see how they were feeling in the year up to the Ironman. In that it's quite successful. You can't help coming away from the book thinking - I could do that. But could you? My main downside from the book is the fact it covers 6 people. Firstly, the book felt quite disjointed

jumping around trying to juggle 6 stories. I actually ended up writing little bio's inside the front cover so I could remember who was who. Secondly, the other obvious downside of writing about 6 people is that you can't go into as much detail. In comparison to other books - such as Can't Swim, Run, Ride by Andy Holgate - I don't feel the book really portrays in enough detail the sacrifices and training that these 6 people really had to put in. For instance, the Complete Idiot's Guide to Triathlon training has an Ironman training schedule that typically involves 18-22 hours of training per week. Apart from 1 character - a nurse who worked long shifts - I didn't feel we got a true sense of the disruption and the effort that these people lived through. I'm not saying the book underplayed it, it just didn't report on it. If you're seriously thinking about entering an Ironman on the back of reading this book (and I truly hope you do), I strongly urge you to research another book in addition to this one and go into it with your eyes wide open.

You don't need to be a triathlete to love this book. There are so many life lessons in here and the individuals Jacques writes about are every-day common people with a dream. What they go through, sacrifice and what these people learn are the things that we all can learn from. As a triathlete myself this book hits home for me. I understand the struggles that they all go through in preparing for what is the world's toughest triathlon. But Ironman is more than a physical exercise. It's about mental toughness as well and what you do to prepare for that day, and what you will find on that day. "There is no can't in Ironman."

I wanted to enjoy this book. I enjoy pretty much all things Ironman. However, this feels like a collection of blog post reviews that are all jumbled in together. I have only made it about half way through and can't bring myself to keep reading. It could've been written so much better.

I was very excited to read such a well reviewed book but found it overall disappointing. The author follows six people training for their first Ironman, from the decision to enter up to race day relying largely on source material from their blogs or "online journals" as they're referred to. For me this didn't work as it blended third person paraphrasing of minutiae of training in the style of 'she ate mint ice cream the night before a long ride' and chunks of chatty excerpts from blogs, resulting in each person never really establishing their own voice. The resultant mixture of narrative and blog excerpts loses the strong thread of the former and the intimate immediacy of the latter. This was a shame because each of the individual stories was compelling and each beautifully illustrated the truth of the Ironman aphorism that anything is possible, and could have been better expressed

either by condensing the journey into a coherent narrative from the author or by giving chapters over to each person to write in their own style. A book which I thoroughly enjoyed about Ironman training written from a personal perspective is Andrew Holgate's "Can't Swim, Can't Ride, Can't Run" which encapsulates a lot of what this book could have been - inspiring, entertaining and a privileged view into the madness of the Ironman journey.

I just started triathlon this past year and with a few races under my belt I already wanted to dream big about being able to do an ironman someday yet it seemed impossible. I feel different now. These are everyday normal people like me and you who made it happen and they share the struggles and the victory. It was a quick read for me as I looked forward to it every night before bed. It has helped me "dream big" and now an ironman is in my 2 year plan. Also, some of these characters started out with no training (ie they start the story when they were overweight to show how far they have come ).Really a great job!

If you have ever wanted to complete an Iron Distance race, but have had serious doubts, then this book is for you. It's hard, and not everyone can complete it, but this book shows you just what ordinary people go through in order to fulfill a dream ... I loved reading it, and I will be doing my Iron Distance race next year in 2012.

Just nothing exciting happens or anything that holds your interest. It's all armatures asking themselves everyday if they can do this. It would be just like me writing a book about young kids getting ready for a t-ball game. Nothing really exciting, or anything worthy of interest to write about really. They're are a million stories about a million people that do the Ironman, but I don't wish to read about all of them. To me it just wasn't worth the time to read this is what I got out of it and I read every word hoping and hoping something really cool or interesting would happen. They tried it most made it and that's the book in a nutshell. Forget it. Here's the book now that I think of it...My wife said she could do the Ironman competition and so after a year of swimming, biking and running, she tried it, and made it. THE END.....

[Download to continue reading...](#)

You Are an Ironman: How Six Weekend Warriors Chased Their Dream of Finishing the World's Toughest Triathlon Dreams: Discover the Meaning of Your Dreams and How to Dream What You Want - Dream Interpretation, Lucid Dreaming, and Dream Psychology (+BONUS) (Dream Analysis, Dream Meanings, Lucid Dream) Complete Nutrition Guide for Triathletes: The Essential

Step-By-Step Guide To Proper Nutrition For Sprint, Olympic, Half Ironman, And Ironman Distances  
Operation Ironman: One Man's Four Month Journey from Hospital Bed to Ironman Triathlon The  
Weekend Gamblers Guide to Baccarat: Tips, hints and strategies for the Weekend Gambler on how  
to maximize your winnings and minimize your losses at Baccarat. (The Weekend Gamblers Guides  
Book 6) Aztec Warriors (Torque Books: History's Greatest Warriors) (Torque: History's Greatest  
Warriors (Library)) Wood Finishing 101: The Official Guide to Wood Finishing Most Fierce Ruthless  
Warriors That Shaped History: Ancient Aztec Eagle Warriors: Mesoamerica's Spartans and Their  
Finest Hour The Weekend Crafter: Basketry: 17 Great Weekend Projects Taylor's Weekend  
Gardening Guide to Cold Climate Gardening: How to Select and Grow the Best Vegetables and  
Ornamental Plants for the North (Taylor's Weekend Gardening Guides (Houghton Mifflin)) Taylor's  
Weekend Gardening Guide to Soil and Composting: The Complete Guide to Building Healthy,  
Fertile Soil (Taylor's Weekend Gardening Guides (Houghton Mifflin)) Learn Windsurfing in a  
Weekend (Learn in a Weekend Series) Learn Squash and Racquetball in a Weekend (Learn in a  
Weekend Series) Hunting Eichmann: How a Band of Survivors and a Young Spy Agency Chased  
Down the World's Most Notorious Nazi George Eliot Six Pack - Middlemarch, Daniel Deronda, Silas  
Marner, The Lifted Veil, The Mill on the Floss and Adam Bede (Illustrated with links to free ... all six  
books) (Six Pack Classics Book 8) Rainbow Warriors and the Golden Bow: Yoga Adventure for  
Children (Rainbow Warriors Yoga Series) Dark Planet Warriors: The Complete Serial (Dark Planet  
Warriors Book 1) The Game Theorist's Guide to Parenting: How the Science of Strategic Thinking  
Can Help You Deal with the Toughest Negotiators You Know--Your Kids The Cats that Chased the  
Storm (The Cats that . . . Cozy Mystery Book 2) Chased by Love (Love in Bloom: The Ryders): Trish  
Ryder

[Dmca](#)