I'm Here to Win - A World Champion's Advice for Peak Performance

In I'M HERE TO WIN, Chris "Macca" McCormack opens his playbook and reveals everything it takes-mind, body, and spirit-to become a champion. Now he shares the story of his triumphs and the never-say-die dedication that has made him the world's most successful triathlete. In 2010, at the age of 37, Macca beat the odds and won the Ford Ironman World Championship in Kona, Hawaii for a second time in what many called the most dramatic finish in the race's history. Macca's journey to athletic greatness is more than just one of physical perseverance. After coming in fourth in Hawaii in 2009, Macca returned to the island on a mission: He was there to win. A game plan containing a new strategic approach to winning brought him first across the finish line. Chris McCormack has dedicated his life to training for-and winning-the Ironman Hawaii, one of the most grueling tests of mental and physical endurance in the world. The race challenges athletes to swim 2.4 miles, bike 112 miles, and run a full marathon, 26.2 miles, using all their strength and willpower to overcome the incredibly harsh conditions. In I'M HERE TO WIN Macca provides concrete training advice for everyone-from weekend warriors who casually compete to seasoned veterans who race every week to armchair athletes looking for an extra push-and provides insight into the mind of a great champion with excitement and inspiration on every page. I'M HERE TO WIN is also available as an enhanced e-book with embedded video and audio.

I'm Here To Win (Enhanced Edition) - A World Champion's Advice for Peak Performance

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Iron War - Dave Scott, Mark Allen, and the Greatest Race Ever Run

The 1989 Ironman World Championship was the greatest race ever in endurance sports. In a spectacular duel that became known as the Iron War, the world's two strongest athletes raced side by side at world-record pace for a grueling 139 miles. Driven by one of the fiercest rivalries in triathlon, Dave Scott and Mark Allen raced shoulder to shoulder through Ironman's 2.4-mile swim, 112-mile bike race, and 26.2-mile marathon. After 8 punishing hours, both men would demolish the previous record--and cross the finish line a mere 58 seconds apart. In his new book Iron War, sports journalist Matt Fitzgerald writes a riveting epic about how Allen and Scott drove themselves and each other through the most awe-inspiring race in sports history. Iron War goes beyond the pulse-pounding race story to offer a fascinating exploration of the lives of the world's two toughest men and their unquenchable desire to succeed. Weaving an examination of mental resolve into a gripping tale of athletic adventure, Iron War is a soaring narrative of two champions and the paths that led to their stunning final showdown.

FASTER - Demystifying the Science of Triathlon Speed

Triathlon is among the world's most gear-intensive sports. The gear you select and how you use it can mean big results--or bigger disappointment. FASTER takes a scientific look at triathlon to see what truly makes you faster--and busts the myths and doublespeak that waste your money and race times. In this fascinating exploration of the forces at play in the swim-bike-run sport, astronautical engineer and triathlete Jim Gourley shows where to find free speed, speed on a budget, and the gear upgrades that are worth it. FASTER offers specific, science-based guidance on the fastest techniques and the most effective gear, answering questions like: Which wetsuit is best for me? What's the best way to draft a swimmer? Should I buy a lighter...
bikes? Deep dish or disc wheels? Are lighter shoes faster? Who's right about running technique? Gourley reviews published studies in peer-reviewed journals to show what scientists have learned about swim drafting, pacing the bike leg, race strategy for short and long-course racing, and the fastest ways to handle transitions. FASTER will change how you think about your body, your gear, and the world around you. With science on your side, you'll make the smart calls that will make you a better, faster triathlete.

**The Inner Game of Stress - Outsmart Life's Challenges and Fulfill Your Potential**

Renowned sports psychology expert W. Timothy Gallwey teams up with two esteemed physicians to offer a unique and empowering guide to mental health in today's volatile world. The Inner Game of Stress applies the trusted principles of Gallwey's wildly popular Inner Game series, which have helped athletes the world over, to the management of everyday stress—personal, professional, financial, physical—and shows us how to access our inner resources to maintain stability and achieve success. Stress attacks every aspect of our well-being. Gallwey explains how negative self-talk undermines us, making us believe that pressure is inevitable and that other people's expectations are paramount—which leaves us feeling helpless and unhappy. But as Gallwey shows, we have the means to build a shield against stress with our abilities to take childlike pleasure in learning new skills, to properly and healthily rest and relax, and to trust in our own good judgment. With his trademark mix of case histories and interactive worksheets, Gallwey helps us to tap into these inner strengths, giving us these invaluable tools: • the STOP technique: Learn how to Step back, Think, Organize, and Proceed with a more conscious choice process, even in the most chaotic circumstances. • the Attitude tool: If you're feeling resentment, try gratitude. • the Magic Pen: Develop the ability to open up your intuition and wisdom. • the Transpose exercise: Imagine what the other person thinks, feels, wants—and develop empathy, kindness, and better relationship skills. • the PLE triangle: Use your goals for Performance, Learning, and Experience to redefine success and enhance enjoyment. Now you don't have to be a champion athlete—or an athlete at all—to keep your life in perspective and your performance at its peak. A one-of-a-kind guide, The Inner Game of Stress allows anyone to get in the game and win.

**Triathlete Magazine's Essential Week-by-Week Training Guide - Plans, Scheduling Tips, and Workout Goals for Triathletes of All Levels**

From Triathlete magazine - the most popular and extensive source for triathlon information - comes this guidebook of weekly training plans for triathletes of all skill levels.

**Clearing Hurdles - The Quest to Be the World's Greatest Athlete**

Chronicles the life of the last American gold-winning decathlete, including his childhood as an orphan and his battle with alcoholism.

**Running on Faith - The Principles, Passion, and Pursuit of a Winning Life**
In 2008, Jason Lester became the first person with a disability to finish the Ultraman World Championship alongside able-bodied competitors. With the use of only three limbs, Jason competed in one of the most demanding endurance races in the world, swimming 6.2 miles, biking 261.4 miles, and running 52.4 miles to the finish line. Jason has completed over seventy triathlons, biathlons, marathons, Ironmans, and Ultramans. In 2009, he became the first male triathlete to win an ESPY Award and the fifteenth athlete in the history of Ultraman to complete both the Ultraman World Championship and Ultraman Canada in the same year. Yet Jason Lester's life as an athlete almost never happened. When a speeding car ran a red light, a bike ride to the local video store nearly became Jason's last, sending him 130 feet into the air and ultimately to the hospital with twenty broken bones. The pain was intense and long rehabilitation grueling, compounded by the sudden death of his father (his best friend and mentor) and the realization that his right arm was paralyzed. Only twelve years old and struggling to heal amid the grief, Jason miraculously found the strength to fight his way back. Without the use of his arm, he refused to give up the sports he'd grown to love, recommitting himself to life and ultimately surpassing goals that few dared to set. Running on Faith reveals how to develop the mind-set of a true competitor and includes riveting stories of the precarious and often unforeseen conditions encountered on the race path—jellyfish-infested waters, suffocating heat, and blinding sheets of rain. With passion, dedication, and strength of purpose, Jason shares his experience facing extreme challenges head-on, gleaning insight from each trial. He offers the principles he's learned to live by in order to accomplish his goals and shows how they can be applied to the tests we all face. An inspirational guide to overcoming adversity, recognizing God's guiding hand in our lives, and achieving our dreams, Running on Faith is a spirited testament to the power of faith.

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