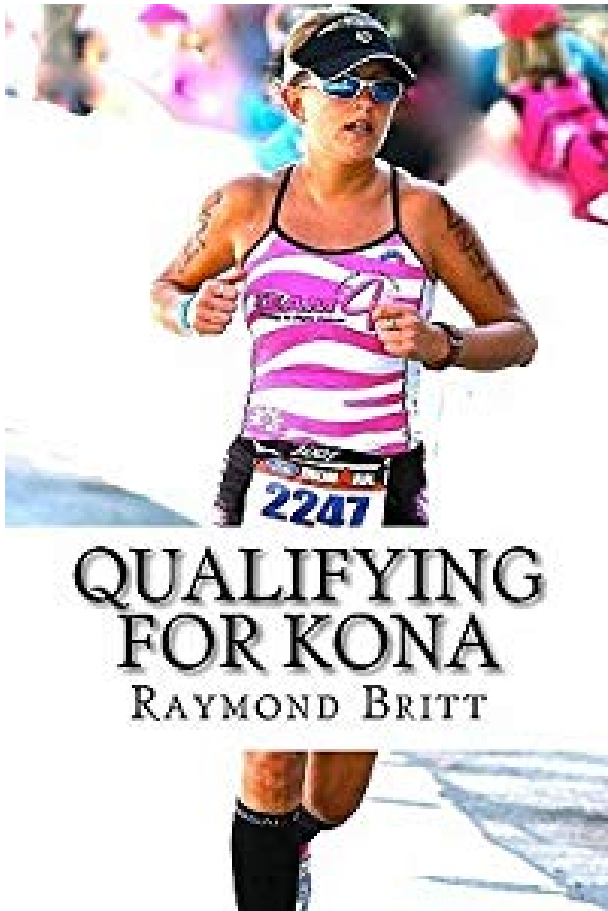


# Qualifying For Kona: The Road To Ironman Triathlon World Championship In Hawaii



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Rave Reviews: "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 // 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. Do you dream of qualifying for Kona? This book shows how the dream comes true.