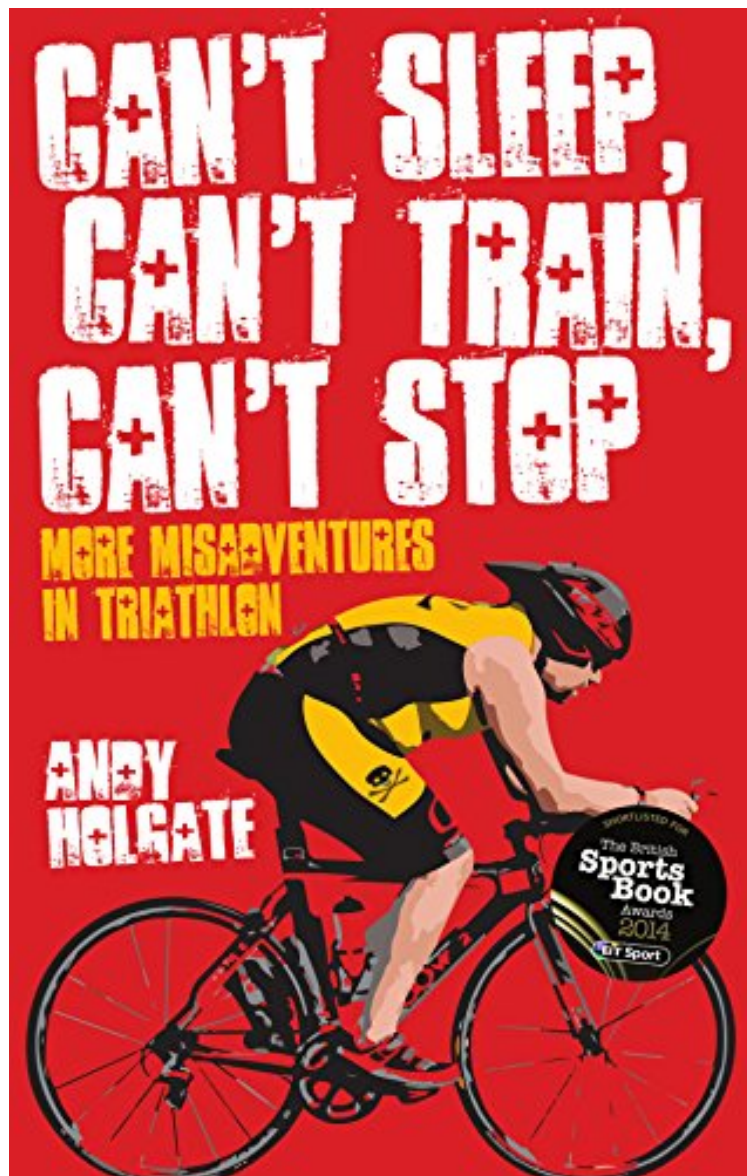


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Can't Sleep, Can't Train, Can't Stop: More Misadventures in Triathlon (English Edition)

Von Andy Holgate

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Von Andy Holgate : Can't Sleep, Can't Train, Can't Stop: More Misadventures in Triathlon (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Can't Sleep, Can't Train, Can't Stop: More Misadventures in Triathlon (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen0 von 1 Kunden fanden die folgende Rezension hilfreich.

Awesome read! Von oliver You can feel the pain and suffering that Andy is facing but how he describes it, it sounds like fun. It is a great Book and I highly recommend it to everyone who is interested in triathlon. Absolutely inspiring! 0 von 1 Kunden fanden die folgende Rezension hilfreich. Okay, aber Von Stefan Okay, aber das erste war besser. Das ist ja leider hufig so! Dennoch ein Super sympathischer Sportsmann und ein guter Autor

Kurzbeschreibung A 2.4-mile swim, a 112-mile bike ride and a 26.2-mile run makes 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 cant cope with the wind, sun or even stairs take on such an extreme challenge? Simple: Because he can. Cant Sleep, Cant Train, Cant Stop! continues Andys inspirational journey from where Cant Swim, Cant Ride, Cant Run left off, chronicling his attempt to complete two Ironman triathlons six weeks apart. Already in his fortieth year, would Andy make it to his forty-first? Would Lanzarote prove one triathlon too far or will Andy succeed against the odds and live to swim, ride and run another day? Kurzbeschreibung A 2.4-mile swim, a 112-mile bike ride and a 26.2-mile run makes 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 cant cope with the wind, sun or even stairs take on such an extreme challenge? Simple: Because he can. Cant Sleep, Cant Train, Cant Stop! continues Andys inspirational journey from where Cant Swim, Cant Ride, Cant Run left off, chronicling his attempt to complete two Ironman triathlons six weeks apart. Already in his fortieth year, would Andy make it to his forty-first? Would Lanzarote prove one triathlon too far or will Andy succeed against the odds and live to swim, ride and run another day? ber den Autor und weitere Mitwirkende Andy Holgate completed his first Ironman distance race in 2007. He was nominated for Best New Writer at the 2012 British Sports Book Awards for "Can't Swim, Can't Ride, Can't Run."