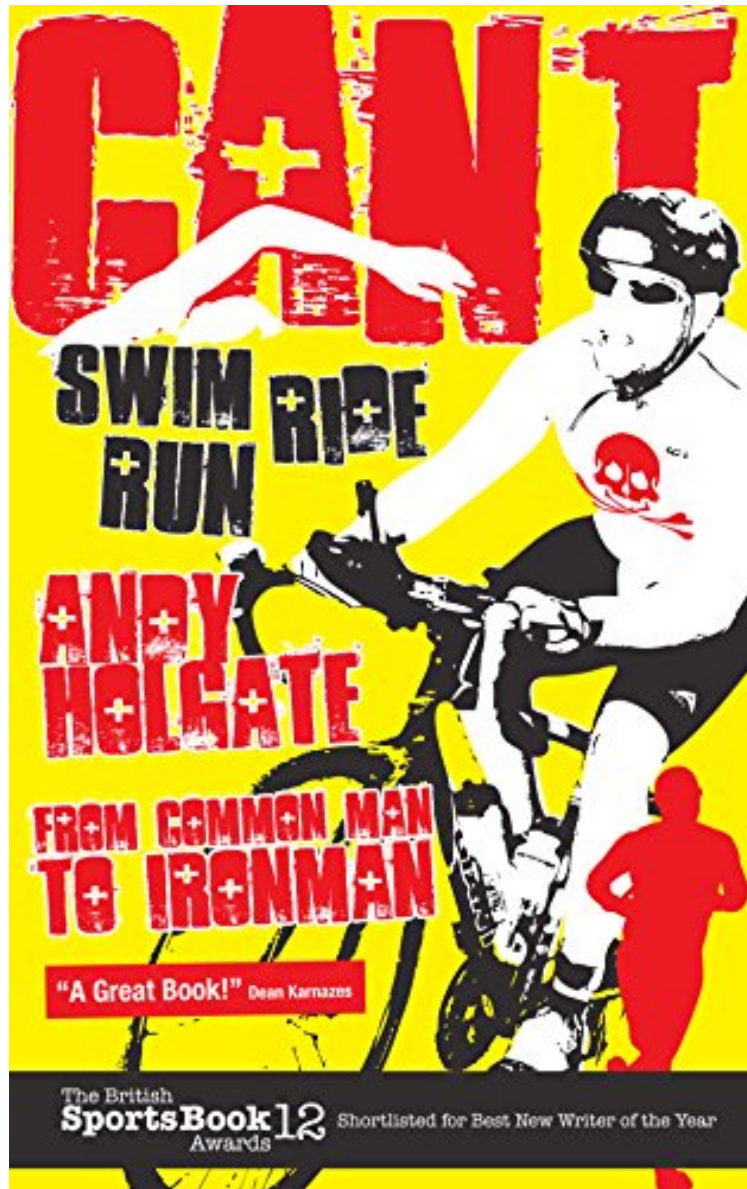


(Download free pdf) Cant Swim, Cant Ride, Cant Run: From Common Man to Ironman (English Edition)

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Von Andy Holgate

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Von Andy Holgate : Cant Swim, Cant Ride, Cant Run: From Common Man to Ironman (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Cant Swim, Cant Ride, Cant Run: From Common Man to Ironman (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen1 von 2 Kunden fanden die folgende Rezension hilfreich. Best book about TriathlonVon Alejandro GomezAs a beginner myself, this is a total inspiration for a daily training programm. It aproaches triathlon as any other author out there.1 von 2 Kunden fanden die folgende Rezension hilfreich. Nicht gerade mitreidendVon AntoinetteUm es mal ganz ehrlich zu sagen: das beste an dem Buch ist der Titel. Was folgt, ist leider weder so witzig noch so inspirierend, wie man sich vielleicht erhoffen durfte. Ich bin ein absoluter Fan von Ausdauersport und daher eigentlich sehr leicht zufrieden zu stellen, wenn es um Magazine/Bcher/Filme zu dem Thema geht. Es gab noch keinen NBC Ironman-broadcast (bei dem neben den Profis auch immer Normalos gefeatured werden), bei dem mir nicht die Trnen gekommen sind. Und nachdem ich selber jetzt endlich den ersten vollen Marathon angehe, dachte ich, dass Holgates Story vom 0815 Menschen zum Ironman mir sicher auch persnlich Inspiration bringen wrde.Aber so sehr ich mich auch angestrengt habe das Buch zu mgen - der Funke sprang einfach nicht ber. Seine Motivation, den Ironman zu finishen kommt nicht so richtig rber. Er sei mental schlecht drauf gewesen, als er wieder zu laufen begann. Den Ironman wollte er dann machen, als er zufllig einen Sprinttriathlon mitgemacht hat. So richtig kann man die Grnde nicht mitfhlen.Can't swim, can't ride, can't run stimmt auch nur zum Teil. Ja, Andy hatte einige Knieprobleme die ihn zu einer langen Sportpause gezwungen haben und er konnte nicht richtig kraulen. Aber er war dennoch in seiner Jugend ein talentierter Sportler und beweist auch im Triathlon, dass er sicher nicht der absolute Nichtsknner ist, als der er sich zu Anfang des Buches prsentiert. Jemand der wirklich bei 0 anfngt, luft nicht einfach so 1:45 im Halbmarathon. Stndig stellt er neue PRs auf, und es hrt sich eigentlich fast immer alles an, als wre es dann doch recht einfach gewesen. Er berichtet von angeblichen "Battles" gegen seine Teamkollegen, dabei finisht er hufig 2 Stunden vor ihnen. Soviel zu kein Talent. Ich glaube, Vikings Geschichte mit all den Hhen und Tiefen, htte mich deutlich mehr interessiert.Ich habe das Gefhl, das Buch ist eher eine Zusammenstellung von Blogeintrgen und Trainingstagebuch als denn ein wirkliches Buch, wobei diese Eintrge zT sehr undetailliert sind. Er ist "ein paar Stunden" in der Woche Rad gefahren, "ein paar Mal" 7 oder 10 Meilen gelaufen, ein paar Mal geschwommen...aber spezifische Details gibt es sehr wenig. Er hat mehr Brokkoli gegessen, um abzunehmen, aber wirklich was zu seiner Ernhrung erfhrt man nicht. Genauso wenig geht er wirklich auf all die Opfer ein, die solche Sportarten erfordern. Der "Struggle", den man ja auch irgendwie will, wenn man sich so ein wahnsinniges Ziel setzt, kommt einfach nicht richtig rber. Ich wrde nicht unbedingt sagen, dass das Buch schlecht ist - aber der Schreibstil hat mir persnlich nicht gefallen. Dann behauptet er, Deutsche htten keinen Humor, weil Faris al-Sultan nicht ber seinen Witz gelacht hat - ich wrde mal behaupten, dass liegt eher an den sehr schlechten Witzen, die sich durch das ganze Buch ziehen und einfach nur anstrengend statt lustig sind (genau wie die Tatsache, dass er Frauen mit "pet" anredet - cringe). Die Charaktere sind alle eher sehr flach skizziert...wirklich mitfhlen tut man auch bei ihnen wenig.Als Frechheit empfinde ich seine Behauptung, Craig Alexander und Chrissie Wellington seien vom Hype und Geld ruiniert worden. Sorry, was?! Die beiden klingen fr mich immer trotz ihrer Erfolge immer noch tausend mal bescheidener als Holgate selbst.Kurz gesagt: ich hatte wirklich groe Mhe, den Typen sympathisch zu finden bzw. das Buch nicht abubrechen und werde mir das zweite garantiert nicht zulegen.Sehr schade, da htte man sicher mehr draus machen knnen.1 von 2 Kunden fanden die folgende Rezension hilfreich. Absolutely awesomeVon oliverI read plenty of triathlon books and this is one of my favorites! The author is the guy next door but shows in an interesting and funny way what peope are capable of, when they are motivated and determined.

KurzbeschreibungShortlisted for Best New Writer of the Year - The British Sports Book Awards 2012"Andy Holgate is the Bill Bryson of the Triathlon World. Quite simply, I LOVED this book." - Tricrowd.com"A really fascinating story." - Talk Radio Europe"An Inspiration to us all." - Lancaster Guardian"An inspirational story." - North West Evening MailThis book is both a lesson in true grit and determination, but its goal is one that is attainable. Andy isn't a sporting superstar, he holds down a 9 to 5 job and all the pressures that go with it; he isnt blessed with speed and talent; there are no multi-million pound sponsorship deals; yet this remarkable common man is inspiring in a way that some of todays sporting superstars have forgotten how to be. You wouldnt recognise Andy in the street, yet his story provides valuable lessons to us all: 'Never give up' and 'Anything is possible'.---"I thoroughly enjoyed it. The ability of the sport to change people's lives, like Andy's story, is not something I've considered. So it was a real eye opener. Trying to be as fit and as fast as you can all the time it is very easy to get wrapped up in your own little world so it was nice to be given a wider sense of the sport, and really, be reminded of the real reason and power of sport; to inspire enjoyment in activity. Thanks for a great read."Alistair Brownlee, ITU World Triathlon Champion"Anyone new to tri, considering the leap to ironman or just after a mental boost should check out this autobiographical account of one overweight librarian's first forays into multisport. In an inspirational story Andy recounts how he was enticed to take part in Cockerham's annual triathlon, and bitten by the endurance bug. If you want to roll your eyes and chuckle conspiratorially at another newbie's mistakes and triumphs, tuck in."220 Triathlon Magazine"What really comes to the fore in Andy's book is that no matter what level of triathlon you are involved in, the motivations, discipline, rewards and love of the sport are universal. From first-timer to professional athlete we all experience the same highs and lows

and have the same doubts and fears in training and racing. The jubilation and satisfaction of achieving goals carries us to the next training session and the next challenge. Andy's book dispels many of the reservations that can initially prevent people from taking up any form of physical activity and shows us how sport can not only be a positive step towards physical well being but also can be rewarding for the mind and soul."Catriona Morrison Multiple Ironman Champion"Andrew Holgate claims he 'Can't Swim, Can't Ride, Can't Run,' but he can certainly write. His book is filled with terrific lessons on living life to its fullest. I would argue that he can swim, can ride and can run very well indeed! A Great Book!"Dean Karnazes NY Times Best Selling Author and Ultra-Marathon Legend"Best for Inspiration! If he can do it... Holgate's ironman journey is an uplifting insight into the power of taking on a challenge. He tells his story with an irreverent sense of humour and packs the book with useful information. If you re thinking of doing an ironman this book is just the thing to convince you that you are up for the challenge."Triathletes World Magazine---Pressestimmen"A great book! Andrew Holgate claims he 'Can't Swim, Can't Ride, Can't Run, ' but he can certainly write. 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Thanks for a great read."--Alistair Brownlee, ITU World Triathlon Champion"This is not just a story for triathletes, it's a great book for anyone struggling with life and looking for some sunlight."--MissTriathlon.com"Andy Holgate is the Bill Bryson of the Triathlon World. Quite simply, I LOVED this book."--TriCrowd.com"This book shows the reality that triathlon is accessible to anyone. This story would make a great television show as well as being a great book."--The Simon Gowen Triathlon Show A great book! Andrew Holgate claims he Can t Swim, Can t Ride, Can t Run, but he can certainly write. His book is filled with terrific lessons on living life to its fullest. 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TriCrowd.com"This is not just a story for triathletes, it s a great book for anyone struggling with life and looking for some sunlight. MissTriathlon.com"This book shows the reality that triathlon is accessible to anyone. This story would make a great television show as well as being a great book. The Simon Gowen Triathlon Show"KurzbeschreibungShortlisted for Best New Writer of the Year - The British Sports Book Awards 2012"Andy Holgate is the Bill Bryson of the Triathlon World. Quite simply, I LOVED this book." - Tricrowd.com"A really fascinating story." - Talk Radio Europe"An Inspiration to us all." - Lancaster Guardian"An inspirational story." - North West Evening MailThis book is both a lesson in true grit and determination, but its goal is one that is attainable. 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