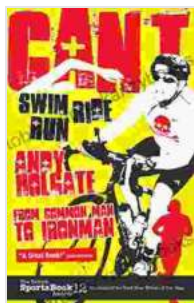


From Common Man to Ironman



Can't Swim, Can't Ride, Can't Run: From Common Man to Ironman by Andy Holgate

★★★★☆ 4.4 out of 5

Language	: English
File size	: 3578 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 249 pages
Lending	: Enabled



I was never an athlete. I was never the fastest, strongest, or most skilled kid in any sport. But I had a dream: to complete an Ironman triathlon.

An Ironman triathlon is one of the most challenging endurance events in the world. It consists of a 2.4-mile swim, a 112-mile bike ride, and a 26.2-mile run. To complete an Ironman, you need to be able to swim, bike, and run for hours on end, and you need to have the mental toughness to push yourself to the limit.

I knew that completing an Ironman would be a long shot, but I was determined to give it my all. I started training, and I quickly realized that I was going to have to make some major changes to my lifestyle.

I had to eat a healthier diet, and I had to start exercising regularly. I also had to learn how to swim, bike, and run efficiently. It was a lot of work, but I

was slowly making progress.

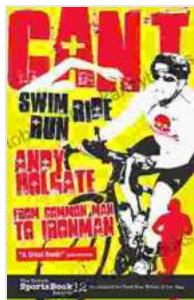
As I got closer to my goal, I started to get nervous. I wondered if I was really up to the challenge. But I refused to give up. I kept training, and I kept telling myself that I could do it.

On race day, I was scared, but I was also excited. I knew that I had trained hard, and I was ready to give it my all. I swam, I biked, and I ran, and I never gave up.

After 14 hours and 3 minutes, I crossed the finish line. I had done it. I had completed an Ironman triathlon. It was the hardest thing I've ever done, but it was also the most rewarding.

Completing an Ironman triathlon taught me a lot about myself. I learned that I am capable of more than I ever thought possible. I learned that I can achieve anything I set my mind to. And I learned that anything is possible if you have the courage to dream it and the determination to achieve it.

My journey from common man to Ironman is a story of perseverance and triumph. It is a story of how I overcame my doubts and fears, and achieved my dream. It is a story that will inspire you to believe in yourself and to achieve your own extraordinary goals.



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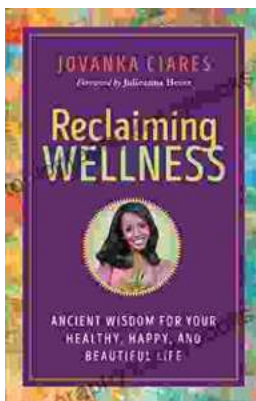
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