

IronFit Secrets For Half Iron-Distance Triathlon Success: Time-Efficient Training For Triathlon's Most Popular Distance By Don Fink

By Don Fink

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The first Half Ironman branded race was Half Ironman UK, The oldest half iron-distance race, though not under the WTC umbrella at the time,

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(50 mi) + 2 km (1.2 mi). Wildflower is a half-iron distance race held on the first weekend of May at Lake San Antonio on the Central Coast of California since

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