



# Start to Finish Ironman Training 24 Weeks to an Endurance Triathlon

*Paul Huddle, Roch Frey, Bon Babbitt*

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Okay, you've finished your first short distance triathlon. Now it's time to up the ante and go further and faster. Paul and Roch are up to the challenge. Longer workouts, balancing work, family and training, adding speed work, recovery and the mental game are all essential when you decide to move up to the Olympic and then half Ironman distance. No one has more training or racing experience than Roch and Paul. They will get you to your target race healthy, happy and ready for more. Guaranteed. Since 1994, Paul Huddle's personal coaching business, Mining Iron, has grown into one of the most respected comprehensive training services, assisting multi- and single sport endurance athletes in achieving their goals. Currently a partner in mulitsports.com, Paul is also a USA Cycling certified Elite Cycling Coach, and an assistant coach with UCSD's Master's Triathlon Club. Paul got his B.S. in Food Science from the University of Arizona but earned his "Masters" and "Ph. D." in the sport of triathlon as a professional from 1983 to 1994.

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