



My Training Starts Tomorrow: The Everyman's Guide to Ironfit Swimming, Cycling, & Running

Roman Mica

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My Training Starts Tomorrow: The Everyman's Guide to Ironfit Swimming, Cycling, & Running is a guide for the everyday triathlete. Offered on its pages are vignettes and advice derived from the author's experience as a Clydesdale triathlete. Mica goes the extra mile by meshing in words of advice beyond swimming, cycling and running-including: purchasing a bike, detailed race reports (complete with ratings), top-ten secrets to a personal best, crediting Ironsherpas, and much more. This book is the honest chronicle of the author's continuing quest to find the deepest valleys and scale the highest peaks in the twisting road to endurance sport nirvana.

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