



## Become an Ironman (Ironman Edition)

*Cherie Gruenfeld*

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# Become an Ironman (Ironman Edition)

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**Become an Ironman (Ironman Edition)** Cherie Gruenfeld

This is a treasure trove of the practical training and racing wisdom Cherie Gruenfeld has accumulated in her 14-year ironwoman career. The book is full of advice for triathletes of all ages and levels, male or female.

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