



Ironman: Jam, Gels and Isotonic

Mark Kennedy

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Ironman: Jam, Gels and Isotonic If you are reviewing this book, I assume you are bored with your current training; having a mid life crisis or curious about Ironman triathlon; or all three. This book is the outrageous, slightly unorthodox and often hilarious story of four brothers from Scotland competing in an Ironman distance triathlon in Barcelona in 2012. The Ironman distance consists of a 2.4 mile swim, 112 miles bike and a marathon run (26 miles). The cut off time is 17 hours. Read about the journey through the eyes of the oldest brother and author Mark Kennedy. The book also contains Mark's two year week by week training plans that should provide you with some comfort that you can achieve the Ironman, if you want to! Learn about their application to the Guinness book of records, their drinking session 30 hours before the race and their pre-race swim in the sea, during a treacherous thunderstorm. You couldn't make it up! In the interim here is a quote from Mark at his first ever triathlon in 2003. "So there I was, standing at the poolside, shittin' myself. My first novice triathlon, 16 lengths of a 25m pool (400m). Could I do it? If I did, would I have enough energy for the 7.5 mile bike and the 1.8 mile run " Mark Kennedy

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