

IGNOU Books, IGNOU Result, IGNOU Solved Assignment, IGNOU

[Home](#)

Posted on 09 June 2019 By Darren Roberts

|FREE EBOOK ? How Triathlon Ruined My Life ? eBooks or Kindle ePUB free

I enjoyed this book It s a warts and all account of a guy taking on a new, extreme sport which is Ironman For those of you who are not sure what this is, it s a long distance triathlon where competitors swim 3.8K, cycle 180K and then run 42.2K a marathon It s not particularly well written but I the guys an athlete sportsman not a writer One thing it s convinced me never to try is an Ironman I ll stick to sprint and standard distance as I haven t got the bottle If you like sport and are interested in the psychology of a fit but ordinary guy trying to achieve self set goals you ll enjoy this book. A fun book and good motivation for anyone training for or considering the big one one should bear in mind when Reading this book that conehead or Darren wasn t really your couch potato slob before he started triathlons None the less a good quick read that had my laughing aloud in several places What a bloody awful book This is extremely badly written Darren Roberts comes across as an unfunny dick Yes, we get that you think your coach is old it s not funny to write something about a Zimmer frame or tartan blanket every time you mention him Same with Manchester and dreariness and we really are not interested in your wedding picture It s a real shame, this could have been so much better Boo This book tells the story of a man who signed up for an Ironman and didn t know what he was getting himself into While I haven t raced Ironman, I was once a beginner triathlete I rarely went than a few pages without thinking yup, I made that mistake It was written with a lot of tongue in cheek humor

and a good read for anyone that is thinking about participating in triathlon or already in the sport.



How TRIATHLON RUINED MY LIFE

DARRREN
ROBERTS'S

ashe

is a relaxing and sometimes fun read, some nice anecdotes, but that s about it i m afraid
|FREE EBOOK ? How Triathlon Ruined My Life ? A Feast Of Ideas, Practical Suggestions
And Background Information On How You Can Improve Your Mood Instantly, And Get On
With Living Your Life These Step By Step Suggestions Are Diverse, Enjoyable, And Not
Tied Down To Any One Discipline Start A New Life Today

New Post

The Last of the Mohicans

Recent Post

Moby-Dick or, the Whale

Great Expectations

Les Misérables

War and Peace

A Tale of Two Cities

The Iliad

The Canterbury Tales

David Copperfield

Bleak House

Hard Times

Nicholas Nickleby

The Pickwick Papers

The Handmaid's Tale

Frankenstein

The Grapes of Wrath

Rebecca

The Adventures of Huckleberry Finn

Life of Pi

The Scarlet Letter

The Picture of Dorian Gray

Mansfield Park

The Three Musketeers

Inferno

The Wind in the Willows

Paradise Lost

Robinson Crusoe

The Last of the Mohicans