

How to be an IRONMAN - 3.8 km swim, 180 km bike, and 42 km run, long distance triathlon race.= CONTENTS =- Day 1 & 2 at Australia- Day 3 at Busselton- Ironday – Preparation- Swim 3.8 km- Bike 180 km 0 – 90 km 90 km – 180 km- Run 42.195 km 0 – Half point 21 km – 42 km

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