



# Full Time & Sub-Nine: Fitting Iron Distance Training into Everyday Life

*David Glover*

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## **Full Time & Sub-Nine: Fitting Iron Distance Training into Everyday Life** David Glover

Full Time & Sub-Nine offers a new outlook on meeting the demands of a vigorous triathlon training schedule while maintaining a "normal" life. It provides useful information for triathletes training at all distances, insight into lessons learned by a successful longtime endurance athlete and cancer survivor, practical training fundamentals, and methods for dealing with and preventing overtraining.

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