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What to eat during and Ironman Triathlon - Banas Sports Therapy Gilbert AZ <http://physiotherapyaz.com/weight-loss-coaching/> **Ironman** Triathlon Coach **Dr.** Jeff Banas talks about **Ironman nutrition** mistakes ...

Nutrition Training for Ironman Mont Tremblant || Part 3

Today is the third day of my **Ironman** Mont Tremblant **Training** block. A lot of my **training** has changed over the last few months.

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The Vegan Ironman Diet of Cro-Mags' John Joseph

Dr Dan Plews: LCHF techniques going into 70.3 Ironman.

Dr. Daniel Plews, **Ironman** performance physiologist talks his Low-Carb approach to tapering into a 70.3 **Ironman**, and the science ...

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Ironman Triathlon Training: Adding in some strength and intensity training - Dr Jeff Banas

Don't just do long cardio session. Add in some higher intensity and strength work. Get a VO2 Metabolic test done you determine ...

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