



Triathlon the hard way: Winning the world's toughest triathlons

Erik Seedhouse

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In *Triathlon the Hard Way*, Erik Seedhouse reveals what it took to win the toughest triathlons on the planet. In 1995, Erik won Le Defi, the de facto world ultra endurance triathlon championships over the triple Ironman distance. The next day he turned professional. He followed his Le Defi performance with a win in the inaugural Double Ironman World Championships before traveling to Mexico to win the infamous Decatriathlon, an almost incomprehensible ten-times Ironman race requiring athletes to swim 38 kilometers, bike 1800 kilometers and run 422 kilometers. In addition to winning over the multiple Ironman format, Erik also won stage race triathlons, including Ultraman Hawai'i and Ultraman Europe. He finished his career as a professional ultra-distance triathlete by racing Race Across America. Beginning his athletic career as a ultra-distance runner, Erik also performed at the very highest level in the world of 100 kilometer racing. In 1992 he placed 3rd in the World 100 Kilometer Championships, breaking the North American record. Here is a story of an athlete who dedicated his time as a professional athlete to winning some of the most demanding ultra-endurance competitions on the planet. *Triathlon the Hard Way* is a riveting sports narrative and a fascinating, behind-the-scenes look at what makes ultra endurance athletes keep going. Erik shares the details of what it took to train for these impossible events - the highs and the lows - along with the psychological strategies needed to survive life beyond the Ironman distance.

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Scott Tucker:

A lot of people always spent their free time to vacation or even go to the outside with them household or their friend. Were you aware? Many a lot of people spent these people free time just watching TV, or playing video games all day long. If you would like try to find a new activity that is look different you can read a new book. It is really fun in your case. If you enjoy the book that you just read you can spent all day long to reading a reserve. The book Triathlon the hard way: Winning the world's toughest triathlons it is extremely good to read. There are a lot of people that recommended this book. These folks were enjoying reading this book. In case you did not have enough space to develop this book you can buy the particular e-book. You can m0ore easily to read this book from your smart phone. The price is not too expensive but this book possesses high quality.

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