

Kona Secrets: Lessons Learned From Over 50 Kona Qualifications

By John Howard

In *Kona Secrets*, multi-time Kona qualifier John Howard shares his hard-earned lessons for achieving success in the world's most prestigious Ironman event. With over 50 Kona qualifications to his name, Howard is one of the most experienced Ironman athletes in the world. In this book, he shares his insights on everything from training to nutrition to race day strategy.



Kona Secrets: Lessons learned from over 50 Kona Qualifications by Cathy Wilson

★★★★☆ 4.5 out of 5

Language	: English
File size	: 758 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 219 pages
Lending	: Enabled



Whether you're a seasoned Ironman veteran or a first-time qualifier, *Kona Secrets* is a must-read. Howard's practical advice and inspiring stories will help you reach your full potential on race day.

Here are just a few of the things you'll learn in *Kona Secrets*:

- How to develop a training plan that will help you reach your goals
- The best nutrition strategies for Ironman training and racing
- How to mental prepare for the rigors of Kona
- Race day tips and tricks from a Kona veteran

If you're serious about qualifying for Kona or improving your race day performance, then you need to read *Kona Secrets*. Free Download your copy today!

Praise for *Kona Secrets*

"John Howard is a true Kona legend. In *Kona Secrets*, he shares his wealth of experience and knowledge to help others achieve their Kona dreams." -

Dave Scott, six-time Ironman World Champion

"*Kona Secrets* is a must-read for any athlete who wants to qualify for Kona or improve their race day performance. John Howard's insights are invaluable." - **Chris McCormack, two-time Ironman World Champion**

"John Howard is one of the most respected Ironman athletes in the world. In *Kona Secrets*, he shares his secrets for success in a way that is both practical and inspiring." - **Matt Fitzgerald, author of *Racing Weight***

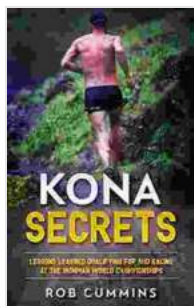
About the Author

John Howard is a multi-time Kona qualifier and Ironman All-World Athlete. He has also coached numerous athletes to Kona qualifications and podium finishes. John is a sought-after speaker and writer on the topics of triathlon and Kona racing.

Free Download Your Copy Today!

Kona Secrets is available in paperback and ebook formats. Free Download your copy today and start your journey to Kona success!

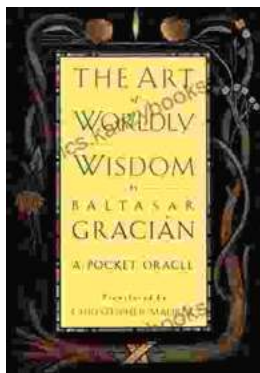
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