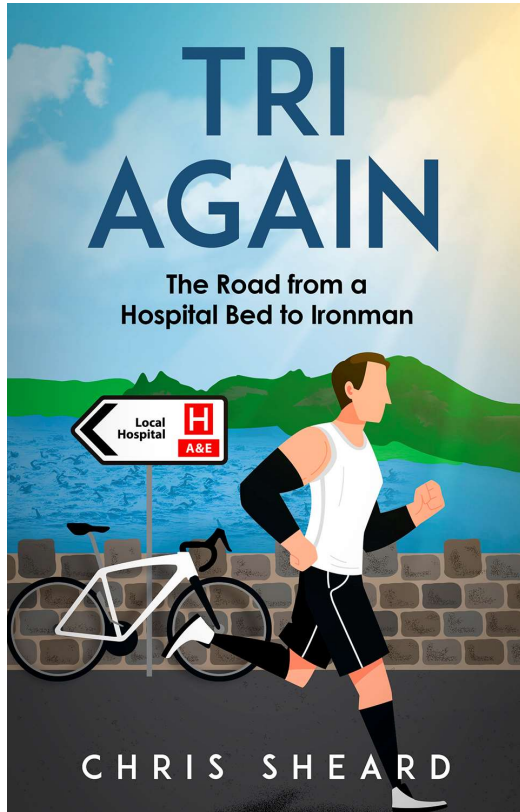




Title information



Tri Again

The Road from a Hospital Bed to Ironman

By Chris Sheard

Key features

- Humanises the journey of completing one of the greatest physical challenges – the Ironman Triathlon – often seen as beyond the reach of all but the super-fit
- Not just a tale of physical endurance, but a journey of resilience and redemption
- One of the few books to cover Ironman UK, the biggest name in triathlon on UK soil
- Covers broader themes such as challenges around IVF, work and family life
- Resonates beyond the triathlon community: it's for anyone who has ever had a dream scuppered by the unpredictability of life and wondered, 'What if?'
- Publicity campaign planned including radio, newspapers, websites, podcasts and magazines

Description

Tri Again is a rip-roaring, wetsuit-struggling, pedal-pushing odyssey that charts one man's journey from a pneumonia-stricken heap to the starting line of Ironman. After a health scare leaves him gasping not just for air but for meaning, our everyman athlete decides to take on the ultimate challenge: the Ironman triathlon. With his trusty coach and the unexpected camaraderie of friendships found along the way, he sets out on a quest not just for glory, but for redemption. From the struggles of securing pool time during a global pandemic to the surreal world of virtual training sessions, *Tri Again* serves up a heartfelt, and sometimes harrowing, account of what it means to push the human body and spirit to their limits – a tale of the incessant pursuit of a finish line that seems forever just around the next bend.

Details

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