

The Last Dragon Triathlon Journey: An Epic Quest for Body, Mind, and Spirit

In 2018, at the age of 50, Mark Allen embarked on the most challenging triathlon of his life: the Las Dragon Triathlon. This grueling race covers 140.6 miles, including a 2.4-mile swim, a 112-mile bike ride, and a 26.2-mile run. Allen had been training for this race for years, but he knew that it would be the ultimate test of his body, mind, and spirit.

The Last Dragon Triathlon Journey is an inspiring story of Allen's quest to complete this epic race. Allen shares his struggles and triumphs, his doubts and fears, and his ultimate realization that anything is possible if you set your mind to it.



The Last Dragon: A Triathlon Journey by Stephen Russell

★★★★☆ 4 out of 5

Language : English
File size : 1191 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 145 pages
Lending : Enabled



Along the way, Allen learns valuable lessons about himself and about life. He learns the importance of perseverance, determination, and never giving up. He learns the power of positive thinking and the importance of having a

support team. And he learns that the greatest rewards come from the challenges that we overcome.

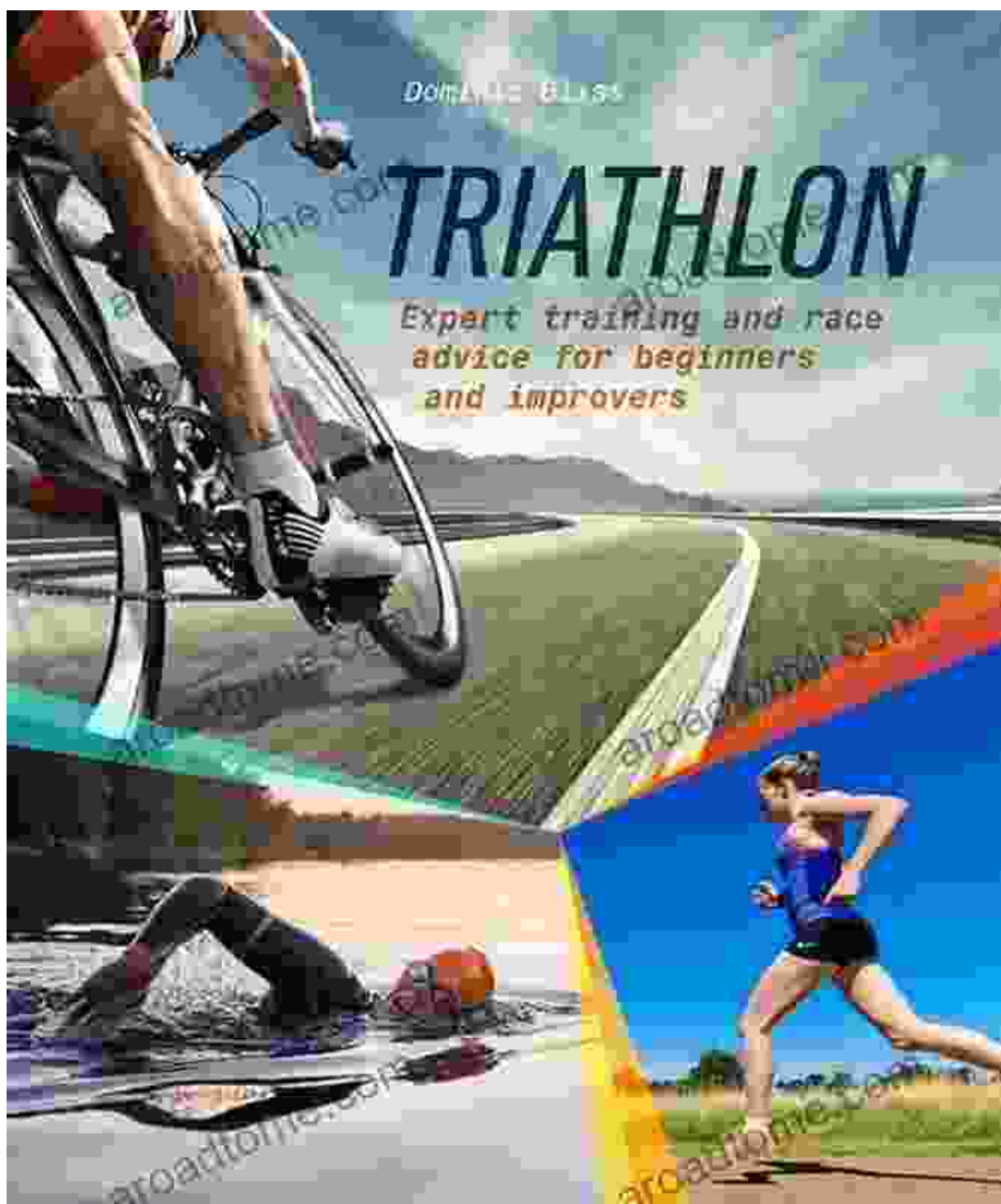
The Last Dragon Triathlon Journey is a must-read for anyone who has ever dreamed of achieving something great. It is a story that will inspire you to push your limits and to never give up on your dreams.

About the Author

Mark Allen is a six-time Ironman World Champion and one of the most successful triathletes in history. He has also written several books on triathlon training and racing, including The Last Dragon Triathlon Journey.

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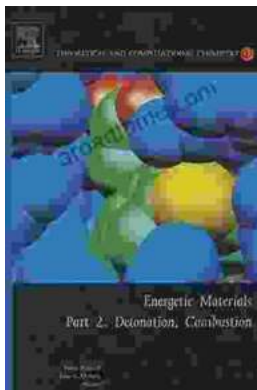
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