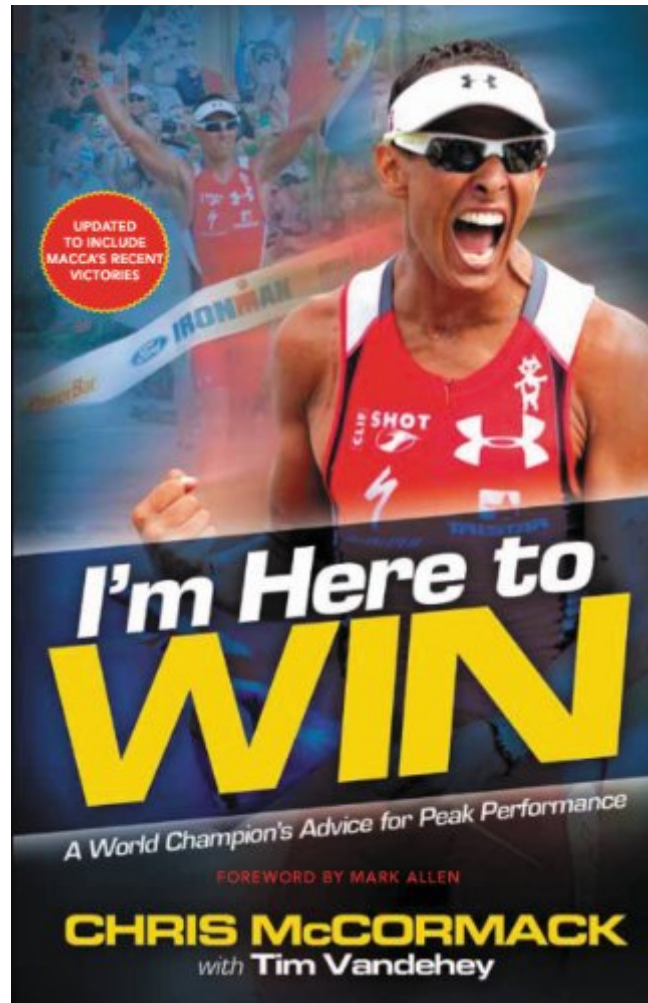


The book was found

# I'm Here To Win: A World Champion's Advice For Peak Performance



## Synopsis

In I'M HERE TO WIN, Chris "Macca" McCormack opens his playbook and reveals everything it takes-mind, body, and spirit-to become a champion. Now he shares the story of his triumphs and the never-say-die dedication that has made him the world's most successful triathlete. In 2010, at the age of 37, Macca beat the odds and won the Ford Ironman World Championship in Kona, Hawaii for a second time in what many called the most dramatic finish in the race's history. Macca's journey to athletic greatness is more than just one of physical perseverance. After coming in fourth in Hawaii in 2009, Macca returned to the island on a mission: He was there to win. A game plan containing a new strategic approach to winning brought him first across the finish line. Chris McCormack has dedicated his life to training for-and winning-the Ironman Hawaii, one of the most grueling tests of mental and physical endurance in the world. The race challenges athletes to swim 2.4 miles, bike 112 miles, and run a full marathon, 26.2 miles, using all their strength and willpower to overcome the incredibly harsh conditions. In I'M HERE TO WIN Macca provides concrete training advice for everyone-from weekend warriors who casually compete to seasoned veterans who race every week to armchair athletes looking for an extra push-and provides insight into the mind of a great champion with excitement and inspiration on every page. I'M HERE TO WIN is also available as an enhanced e-book with embedded video and audio.

## Book Information

File Size: 6324 KB

Print Length: 304 pages

Publisher: Center Street (May 23, 2011)

Publication Date: May 23, 2011

Sold by:Â Digital Services LLC

Language: English

ASIN: B00FOVD4XU

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #259,207 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #44

inÂ Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Triathlon #64

## Customer Reviews

I'm not an Ironman; my triathlons are strictly sprint distance. But as a cyclist and swimmer, I've followed the career of Chris McCormack for years, and I both anticipated and dreaded this book. Anticipated because who wouldn't want insight into the mind of the greatest athlete in the history of triathlon? Dreaded because I was afraid it would be some publicist-softened puff piece that glossed over Macca's trademark cockiness, mental game and trash talking. Well, I worried needlessly. "I'm Here to Win" is brilliant and exhaustive. Chris bares his soul to talk about everything from his mother's death from breast cancer to the death of his best friend on the very day that he qualified for Ironman Hawaii. You get a lengthy look inside the mind of this great athlete and realize that as incredible as his talent and training regimen are, his mind is truly what gives him the edge over younger, faster triathletes. There is gold in here, and the blow-by-blow account of the incredible 2010 Kona finish with Andreas Raelert is worth the price of the book all by itself! Then there's the "Macca is cocky" stuff. This book pulls no punches there, either. Macca comes across as totally real and authentic, which means that sometimes, he does come across as a cocky SOB. The section that relates his "war" with Normann Stadler and Faris al-Sultan after the 2006 Ironman World Championships is absolutely priceless. I found myself alternating between thinking the guy was an obsessive egomaniac and rooting for him to take down the people who disrespected him. Of course, all that ego is balanced out by accounts like his honest, agonizing story of dropping out of the 2004 Kona race because of heat cramps only to watch a bloodied age group racer carry his bike after a terrifying crash...

[Download to continue reading...](#)

I'm Here To Win: A World Champion's Advice for Peak Performance  
Roulette Rockstar: Want To Win At Roulette? These 3 Simple Roulette Strategies Helped An Unemployed Man Win Thousands!  
Forget Roulette Tips You've Heard Before. Learn How to Play Roulette and Win!  
Peak Immunity: How to Fight Epstein-Barr Virus, Candida, Herpes Simplex Viruses and Other Immuno-Depressive Conditions and Win Mental Toughness for Peak Performance, Leadership Development, and Success: How to Maximize Your Focus, Motivation, Confidence, Self-Discipline, Willpower, and Mind Power in Sports, Business or Health  
The Paleo Diet for Athletes: The Ancient Nutritional Formula for Peak Athletic Performance  
The Complete Book of Pilates for Men: The Lifetime Plan for Strength, Power & Peak Performance  
Applied Sport Psychology: Personal Growth to Peak

Performance Mental Toughness: A Guide to Developing Peak Performance and an Unbeatable Mind in Everyday Life The Owner's Manual for the Brain (4th Edition): The Ultimate Guide to Peak Mental Performance at All Ages Train Your Brain & Mental Strength : How to Train Your Brain for Mental Toughness & 7 Core Lessons to Achieve Peak Mental Performance: (Special 2 In 1 Exclusive Edition) Racing Weight: How to Get Lean for Peak Performance (The Racing Weight Series) Every Day Is Game Day: Train Like the Pros With a No-Holds-Barred Exercise and Nutrition Plan for Peak Performance The Athlete's Guide to Recovery: Rest, Relax, and Restore for Peak Performance The Mental Game of Baseball: A Guide to Peak Performance Peak Performance: Sports, Science, and the Body in Action The Inner Game of Tennis: The ultimate guide to the mental side of peak performance Peak Performance Shake and Juice Recipes for Soccer: Increase Muscle and Reduce Fat to Become Faster, Stronger, and Leaner Eat Like a Champion: Performance Nutrition for Your Young Athlete The New World Champion Paper Airplane Book: Featuring the World Record-Breaking Design, with Tear-Out Planes to Fold and Fly The Power of the Pussy Part Two - Dating, Marriage, and Divorce Advice for Women: (Love and Relationship Advice)

[Dmca](#)