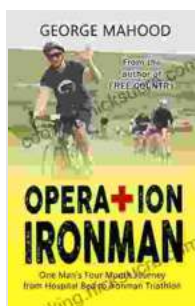


One Man's Four-Month Journey From Hospital Bed to Ironman Triathlon

In May 2021, Mike Greer was lying in a hospital bed, paralyzed from the waist down. He had been hit by a car while riding his bike, and the impact had shattered his spine. The doctors told him that he would never walk again.

But Mike refused to give up. He spent hours every day ng physical therapy, and slowly but surely, he began to regain movement in his legs. By August, he was able to walk with the help of a walker.

In September, Mike decided to set himself a new goal: to complete an Ironman triathlon. An Ironman triathlon is one of the most challenging endurance events in the world. It consists of a 2.4-mile swim, a 112-mile bike ride, and a 26.2-mile run.



Operation Ironman: One Man's Four Month Journey from Hospital Bed to Ironman Triathlon by George Mahood

★★★★☆ 4.8 out of 5

Language : English
File size : 1871 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 318 pages
Lending : Enabled

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Most people train for an Ironman triathlon for years. But Mike had only four months. He knew it would be a long shot, but he was determined to give it his all.

Mike trained day and night. He swam in the pool, biked on the road, and ran on the treadmill. He pushed himself to the limit, and he never gave up.

On race day, Mike lined up at the starting line with the other athletes. He knew that he was not the fastest or the strongest, but he was determined to finish the race.

Mike swam the 2.4-mile course in 1 hour and 15 minutes. He then biked the 112-mile course in 6 hours and 30 minutes. And finally, he ran the 26.2-mile course in 5 hours and 15 minutes.

Mike crossed the finish line in 13 hours and 15 minutes. He had done it. He had completed an Ironman triathlon.

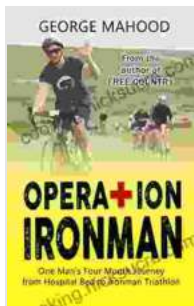
Mike's story is an inspiration to us all. It shows us that anything is possible if we set our minds to it. No matter what challenges we face, we should never give up on our dreams.

Here are some tips from Mike on how to overcome challenges and achieve your goals:

- **Set realistic goals.** Don't try to do too much too soon. Start with small goals and gradually work your way up to bigger ones.
- **Be consistent.** The key to success is consistency. Make sure to work towards your goals every day, even if it's just for a little bit.

- **Don't give up.** There will be times when you want to give up. But don't let those times stop you. Keep going, and you will eventually achieve your goals.

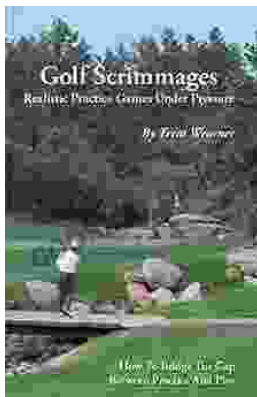
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