



The Macca Model: How Triathlon's Best, Chris McCormack, and Team MaccaX Succeed Inside and Outside Triathlon

Nick Cicerchi, Joanne Baxas

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Are you challenged maintaining balance while incorporating triathlon as a part of your life? What is the secret sauce to those who excel in triathlon? Why does it look so easy for those people who succeed in triathlon - or any aspect of life, for that matter?

To answer these questions, we need to look to the best. Chris McCormack is a living example not only of how to create and execute your triathlon goals successfully but also how to maintain life balance, attract positive forces, and live an inspired life of continuous improvement, enjoyment, and contribution for others.

But how can Chris or other decorated pros related to you? You will see how *The Macca Model* has helped elites and age groupers alike. This book examines two-time Hawaii Ironman World Champion Chris McCormack's approach and principles, physical and mental, which have made him successful. *The Macca Model* has helped men, women, children, and families from all backgrounds from every continent. Now *The Macca Model* is here to help you. Foreword written by Chris "Macca" McCormack.

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Myrta Bundy:

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