







Seo Analyzer ironworksmultisport.com

Generated on January 26 2022 10:27 AM






The score is 62/100





SEO Content

	<p>Title</p>	<p>Triathlon Tips Triathlon Training Tips Land Heintzberger Tips</p> <p>Length : 65</p> <p>Perfect, your title contains between 10 and 70 characters.</p>												
	<p>Description</p>	<p>We will teach you the main triathlon tips you need to succeed. Land Heintzberger teaches you a good triathlon tips and trains you for triathlon success.</p> <p>Length : 152</p> <p>Great, your meta description contains between 70 and 160 characters.</p>												
	<p>Keywords</p>	<p>Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords.</p>												
	<p>Og Meta Properties</p>	<p>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="544 1312 1481 1944"> <thead> <tr> <th>Property</th> <th>Content</th> </tr> </thead> <tbody> <tr> <td>site_name</td> <td>IronworksMultisport.com Triathlon Tips from Land Heintzberger, Triathlete and Multisport Coach.</td> </tr> <tr> <td>type</td> <td>website</td> </tr> <tr> <td>title</td> <td>Triathlon Tips Triathlon Training Tips Land Heintzberger Tips</td> </tr> <tr> <td>description</td> <td>We will teach you the main triathlon tips you need to succeed. Land Heintzberger teaches you a good triathlon tips and trains you for triathlon success.</td> </tr> <tr> <td>url</td> <td>http://www.ironworksmultisport.com/</td> </tr> </tbody> </table>	Property	Content	site_name	IronworksMultisport.com Triathlon Tips from Land Heintzberger, Triathlete and Multisport Coach.	type	website	title	Triathlon Tips Triathlon Training Tips Land Heintzberger Tips	description	We will teach you the main triathlon tips you need to succeed. Land Heintzberger teaches you a good triathlon tips and trains you for triathlon success.	url	http://www.ironworksmultisport.com/
Property	Content													
site_name	IronworksMultisport.com Triathlon Tips from Land Heintzberger, Triathlete and Multisport Coach.													
type	website													
title	Triathlon Tips Triathlon Training Tips Land Heintzberger Tips													
description	We will teach you the main triathlon tips you need to succeed. Land Heintzberger teaches you a good triathlon tips and trains you for triathlon success.													
url	http://www.ironworksmultisport.com/													
	<p>Headings</p>	<table border="1" data-bbox="544 1973 1481 2045"> <thead> <tr> <th>H1</th> <th>H2</th> <th>H3</th> <th>H4</th> <th>H5</th> <th>H6</th> </tr> </thead> <tbody> <tr> <td>12</td> <td>1</td> <td>8</td> <td>0</td> <td>0</td> <td>0</td> </tr> </tbody> </table>	H1	H2	H3	H4	H5	H6	12	1	8	0	0	0
H1	H2	H3	H4	H5	H6									
12	1	8	0	0	0									



SEO Content

		<ul style="list-style-type: none">• [H1] IronworksMultisport.com• [H1] Hauling water, chopping wood.• [H1] The Pain Pyramid• [H1] Team Ironworks Update• [H1] SwimOutlet.com Approved as USA Triathlon Certified Multisport Retailer• [H1] The Ironworks Review: Sporti Power Swim Paddles• [H1] Beginner Triathlon Tips: The Off Season.• [H1] SwimOutlet Fall Clearance!• [H1] The Ironworks Review: FINIS Ankle Pulling Band• [H1] The Ironworks Review: Sporti Hand Paddles II• [H1] Triathlon Goggles, Tips From Ironworks Multisport: Sporti Anitfog Cabo Goggles• [H1] Log In• [H2] Triathlon Tips from Land Heintzberger, Triathlete and Multisport Coach.• [H3] Main menu• [H3] Post navigation• [H3] Post navigation• [H3] TrainingPeaks Login• [H3] Training Sites To Visit• [H3] Services I Like• [H3] Recent Posts• [H3] Archives
	Images	<p>We found 20 images on this web page.</p> <p>6 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.</p>
	Text/HTML Ratio	<p>Ratio : 21%</p> <p>Good, this page's ratio of text to HTML code is higher than 15, but lower than 25 percent.</p>
	Flash	<p>Perfect, no Flash content has been detected on this page.</p>
	Iframe	<p>Great, there are no Iframes detected on this page.</p>

SEO Links

	URL Rewrite	<p>Bad. Your links have query string.</p>
	Underscores in the URLs	<p>We have detected underscores in your URLs. You should rather use hyphens to optimize your SEO.</p>

SEO Links

	In-page links	We found a total of 78 links including 0 link(s) to files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 26.92% Internal Links 73.08%

In-page links

Anchor	Type	Juice
IronworksMultisport.com	Internal	Passing Juice
Skip to primary content	Internal	Passing Juice
Skip to secondary content	Internal	Passing Juice
About IronWorks MultiSport	Internal	Passing Juice
Ironworks Store	Internal	Passing Juice
Team Ironworks Sponsors	Internal	Passing Juice
Testimonials	Internal	Passing Juice
Vitabase	External	Passing Juice
Hauling water, chopping wood.	Internal	Passing Juice
Triathlon Tips Guru	Internal	Passing Juice
Triathlon Tips	Internal	Passing Juice
Uncategorized	Internal	Passing Juice
The Pain Pyramid	Internal	Passing Juice
Team Ironworks Update	Internal	Passing Juice
Team Ironworks	Internal	Passing Juice
ironworks multisport	Internal	Passing Juice
SwimOutlet.com Approved as USA Triathlon Certified Multisport Retailer	Internal	Passing Juice
SwimOutlet.com	External	Passing Juice
The Ironworks Review: Sporti Power Swim Paddles	Internal	Passing Juice
Sporti Power Swim Paddles	External	Passing Juice

In-page links

Ironworks Review	Internal	Passing Juice
Swim Tips	Internal	Passing Juice
swimming	Internal	Passing Juice
swimoutlet	Internal	Passing Juice
Triathlon	Internal	Passing Juice
Beginner Triathlon Tips: The Off Season.	Internal	Passing Juice
SwimOutlet Fall Clearance!	Internal	Passing Juice
clearance sale	External	Passing Juice
SwimOutlet	Internal	Passing Juice
The Ironworks Review: FINIS Ankle Pulling Band	Internal	Passing Juice
ankle pulling band	External	Passing Juice
Finis	Internal	Passing Juice
Triathlon Tips	Internal	Passing Juice
The Ironworks Review: Sporti Hand Paddles II	Internal	Passing Juice
Sporti Hand Paddles II	External	Passing Juice
hand paddles	Internal	Passing Juice
Product Reviews	Internal	Passing Juice
training tips	Internal	Passing Juice
Triathlon Goggles, Tips From Ironworks Multisport: Sporti Antifog Cabo Goggles	Internal	Passing Juice
Sporti Antifog Cabo Goggles	External	Passing Juice
Sporti Antifog S2 Goggles	External	Passing Juice
Top Triathlete Swimming Gear	External	Passing Juice
XTERRA Wetsuits	External	Passing Juice
Rudy Project North America	External	Passing Juice
Infinit Nutrition	External	Passing Juice
The Right Stuff	External	Passing Juice
Dave Scott Training	External	Passing Juice
Sandra Wallenhorst	External	Passing Juice

In-page links

Slowtwitch.com	External	Passing Juice
IRONMAN.com	External	Passing Juice
Endurance Conspiracy	External	Passing Juice
xtri.com	External	Passing Juice
Greenville Web Design	External	Passing Juice
December 2015	Internal	Passing Juice
August 2015	Internal	Passing Juice
March 2014	Internal	Passing Juice
December 2013	Internal	Passing Juice
November 2013	Internal	Passing Juice
October 2013	Internal	Passing Juice
September 2013	Internal	Passing Juice
August 2013	Internal	Passing Juice
July 2013	Internal	Passing Juice
June 2013	Internal	Passing Juice
March 2013	Internal	Passing Juice
February 2013	Internal	Passing Juice
December 2012	Internal	Passing Juice
July 2012	Internal	Passing Juice
May 2012	Internal	Passing Juice
April 2012	Internal	Passing Juice
March 2012	Internal	Passing Juice
February 2012	Internal	Passing Juice
January 2012	Internal	Passing Juice
July 2011	Internal	Passing Juice
June 2011	Internal	Passing Juice
February 2011	Internal	Passing Juice
January 2011	Internal	Passing Juice

In-page links

[December 2010](#)

Internal

Passing Juice

[Proudly powered by WordPress](#)

External

Passing Juice

SEO Keywords



Keywords Cloud

tips multisport **training** swimming
posted swim bands goggles triathlon
ironworks

Keywords Consistency












Keyword	Content	Title	Keywords	Descripti on	Headings
training	24	✓	✗	✗	✓
swimming	16	✗	✗	✗	✗
tips	13	✓	✗	✓	✓
triathlon	13	✓	✗	✓	✓
ironworks	13	✗	✗	✗	✓

Usability





	Url	Domain : ironworksmultisport.com Length : 23
	Favicon	Great, your website has a favicon.
	Printability	We could not find a Print-Friendly CSS.
	Language	Good. Your declared language is en.
	Dublin Core	This page does not take advantage of Dublin Core.

Usability


Document

	Doctype	HTML 5
	Encoding	Perfect. Your declared charset is UTF-8.
	W3C Validity	Errors : 4 Warnings : 28
	Email Privacy	Great no email address has been found in plain text!
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	<ul style="list-style-type: none"> Excellent, your website doesn't use nested tables. Too bad, your website is using inline styles. Great, your website has few CSS files. Perfect, your website has few JavaScript files. Perfect, your website takes advantage of gzip.




Mobile

	Mobile Optimization	<ul style="list-style-type: none"> Apple Icon Meta Viewport Tag Flash content
--	---------------------	--

Optimization

	XML Sitemap	Great, your website has an XML sitemap. <ul style="list-style-type: none">http://ironworksmultisport.com/sitemap.xmlhttp://www.ironworksmultisport.com/sitemap.xmlhttp://www.ironworksmultisport.com/sitemap.rss
--	-------------	--

Optimization

		http://www.ironworksmultisport.com/sitemap.xml
	Robots.txt	http://ironworksmultisport.com/robots.txt Great, your website has a robots.txt file.
	Analytics	Great, your website has an analytics tool.  Google Analytics