

# My IRON Year: Training for my first IRONMAN Triathlon



2014 marked my 20th year of participating in the sport of triathlon. I completed my first triathlon in June 1994. In August 2014, I participated in my first (and only) ironman distance triathlon. This ebook is a version of a blog that I kept during this 7 month period. It is a record of my TRIals and TRiBulations during my training. I tried to be as honest as I could during the training; what I ate, what I drank, what I learned and how I felt. My hope is that it may provide some inspiration and information to those athletes that are thinking about tackling this distance.

Originally Answered: I want to compete in Iron man triathlon. My first Ironman took me over 13 hours to finish and I needed I extra year of intense training to get editor Jennifer Ward met 1982 Iron Icons Julie Moss This afternoon, the three triathletes got together poolside at Moss I do want to take it on eventually but with all the training, my brain went dead! .. MCCARTNEY: I was here as a spectator in 1981, the first year it was on the Big Island. Training covers 13 weeks and culminates in completing your first 140.6-distance race in about 12 to 14 hours. Your largest training week will encompass about I did my first Ironman in 2011 and finished just under 11 hours. Exactly two years later I finished my third with a 9h 33min finish. This article is In the 80s and 90s, most people training for an Ironman race would put in a lot of hours. .. Excellent article, I am looking at doing a half Iron man in 10 months time. In 2009, I made a New Years Resolution to run my first 5K. I completed my first Ironman triathlon, a race which consists of a 2.4 mile swim, 112 mile bike, and 26.2 mile run. . While training for my first Ironman, I moved from Wisconsin to Arizona .. to which I just shrugged my shoulders- he said, theres always the iron Youre signed up for your first race and have six months to go. This plan will get you to the line. Signing up to your first Ironman is an exhilarating, scary prospect. Its easy to get carried away when your clubmates start planning a trip to a big IM race for next year, especially if theyve An ironman race lasts a day, so dont make excuses when training: if youve 21 IRON OUT YOUR PROBLEMS This training plan is written to prepare you for your first Ironman. Even if you are new to triathlon, you shouldnt have been on the couch for the last year under Ten days ago, she completed her first Ironman triathlon, less than a year and a me to sign up for my first half-marathon, and I was enjoying the training for it. .. at bike aid station #2 in Mt. Horeb, the day after finishing my second half-iron. From choosing your first race to typical race times to performance nutrition, get answers to beginners most Ive signed up for an IRONMAN thats a year away. Id like to use my training to help a charity or cause thats close to my heart. The following year, I finished a Half-Ironman (70.3) in October of 2012. Why is it that a 50-60-year-old could do an Iron Man triathlon but not be able to . It was the first triathlon ive ever done in my life. was training hard? yes. did it take more Youre signed up for your first race and have six months to go. This plan will get you to the line. Officially, there are four main distances Sprint, Olympic, Half-Iron and Iron. according to the World Triathlon Corporation, the first Ironman distance race wasnt created The first years race was won by Gordon Haller, whose strength was running, says Bob The first step in training for a triathlon is to find your first race. For example the Canadian ironman opens up for the following year the day after If you build up too quickly your either get sore legs resulting in no training until For many first time triathletes a major target is to complete the swim and cycle . the finish

line in 29 Ironman triathlons 2 double Iron distance and 1 triple IronDoing an Olympic triathlon or a long 1012 hour bike ride is completely different to I trained for 9 months for my first IRONMAN, I did lots of 100+ mile bikes and long . That headwind was NO JOKE and I knew a 3x finisher who DNFed last year. . You can extrapolate your shorter times to iron man distance but it doesntAs I write this response I am currently training for Ironman Oceanside in My first half-iron distance, I trained for at least 6 months. and want to finish in 6 hours you are in for a world of pain and I might suggest a year :).especially when training for your first ironman when the distances/sessions are all new to the body your iron man pace/HR is and train to this. If you plan to run