

HOW TO BE AN IRONMAN?



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What is Triathlon and Ironman?



Origin



World Triathlon Corporation



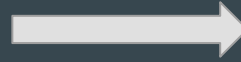
Qualification to the World Championship

- 30 Competitions around the world
- Point System
- ...
- Top 50 men and 35 women

Before starting

...

Training steps



Progression

Name	Swim	Bike	Run
Sprint	0.5mi (750m)	12.4mi (20km)	3.1mi (5km)
Olympic / 5150	0.93mi (1.5km)	24.8mi (40km)	6.2mi (10km)
ITU Long	1.86mi (3km)	49.6mi (80km)	12.4mi (20km)
Half / 70.3	1.2mi (1.9km)	56mi (90km)	13.1mi (21.09km)
Full	2.4mi (3.8km)	112mi (180km)	26.2mi (42.195km)

Source: <https://totaltriathlon.com/triathlon-distances>

Essential gear

IRONMAN[®] *PACKING LIST*



Source: <http://www.ironman.com/triathlon-news/articles/2015/02/ironman-packing-list.aspx>

Training routine



Maintaining the body



Day by day

1. Perseverance & Discipline

→ 14 - 30 hours/week



2. Mental training



“We are humans, not machines”

3. Adaptive capacity



4. Recovery & Stretching

ACTIVE RECOVERY



KEEP
CALM
there's
NO TRAINING
THIS WEEK



5. Food & Hydration

Carbohydrates
Protein



Drink 4 liters/day

6. Family & Friends support



It's TIME !!!

Endure ...



... Succeed

