



## Should YOU do an Ironman??



Wow, what a question...

First you should not feel like to have to do an Ironman to be a triathlete any more then you have to do a marathon to be a runner. Rodger Banister was a runner, but he never ran a marathon.

If you have an interest in doing an Ironman, I say, sure - you should do one. The feeling of working hard for something that really kind of scares you and then doing it is unbelievable! Just understand the huge commitment you are in for. You will see all types of people doing Ironman racing. Our knowledge of what it takes to prepare for an Ironman has come a long ways in the last 20 plus year. The Iron men and women before us have made lot of mistakes that we can learn from. I am not saying that doing an Ironman is easier then if used to be, but the knowledge of what it takes to do one is better.

So now you are committed do doing an Ironman event, right? Okay, kiss your family goodbye for the spring and summer and let's get to work! Well...maybe that's an exaggeration, but let's just say that you will not make all of the weekend events that you have made in the past because you will be on your bike, in the pool, etc.

How should you get ready for the big day? Start by identifying you weaknesses. You might need help with your swim; strength on the bike might be a weakness; or maybe it is your run that needs work - the key is to pinpoint your weaknesses and work on them over the winter.

Next gather information – The Ironman is all about conserving energy and managing your nutrition during the race. So gather all the information you can from books, friends, coaches, etc. The key is to arm yourself with training, racing and nutritional information. After you have the knowledge of what you need to do the rest is up to you. So get out and get in those long workouts!!

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