

Title:

Ironman Triathlon--Ten Common Mistakes

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Summary:

There's lots of trial and error involved when you're attempting your first Ironman. These days

Here are the top ten mistakes that I feel you should really try and avoid. Just possibly it wi

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Keywords:

Article Body:

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(1) OVERTRAINING

Almost without fail, the first time Ironman will go into the race overtrained. The hardest thi

Here are a few tips: If you begin a workout, and just know its going to be a struggle--you jus

(2) POOR DIET

Its almost sad to see the effort some people put into their ironman training only to stall the

Avoid the junk food, eat a proper balance of complex carbs, protein and fat. Enhance a proper

(3) IMPROPER FINAL WEEK PREPARATION

Its so easy to get caught up in the hype on ironman week. Too much time is spent in restaurant  
Far too many athletes will do the swim course several times or hammer out long bike rides or p

(4) IMPROPER PRE-RACE HYDRATION

Either athletes will drink too much or not enough leading up to the race. You should start hyd

(5) IMPROPER RACE-EVE PREPARATION

The day before the race is crucial! You shouldn't be doing much of anything. Rest is the order

(6) POOR SWIM STRATEGY

It's an Ironman tradition to have mass swim starts and I can't see that changing anytime in th

(7) MISTAKES IN TRANSITION

The last place you should be running, is in the transition area. If this is your first Ironman

(8) GOING OUT WAAAAAY TOO FAST ON THE BIKE

Relax!! Don't eat or drink for twenty minutes or so. Let your body adjust to the new demands y

(9) ABSOLUTELY NO RUN PLAN

Don't just go out and wing it. Have a well-conceived run plan. Train months ahead for how you  
Run for the first 30-45 minutes and then begin walking for two minutes and running for 12-15 m

(10) ABSOLUTELY NO EATING-DRINKING PLAN FOR THE RUN

As the marathon progress and your energy and endurance are being challenged to the max, the no  
Everything I've mentioned here is covered and discussed on my "Ironstruck" website. I would be

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