



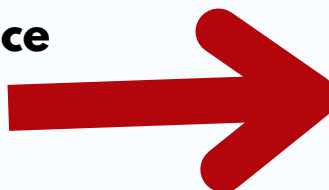
# Ironman Starter Resource

Completing an Ironman event is seen as the ultimate test of endurance and mindset.



**Which components of fitness are most important for Ironman athletes?**

**An Ironman race includes the following**



**2.4 Mile Swim  
112 Mile Bike  
26.2 Mile Run**

**Discuss how an athlete may adapt their dietary intake in the lead up to an Ironman event?**

**'Mindset is the most important factor when completing an Ironman.' Do you agree with this statement?**

**Create a 12 week training plan for an athlete planning to complete their first Ironman.**

**'Endurance is important in Ironman events but there is no skill involved'. Do you agree with this statement?**