



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?