

# For The Tough Hearted - Iron Man Triathlon And Sprint Triathlon

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## **Sample of Content:**

Iron Man Triathlon is simply a game for the bold. It takes tons of courage, will power and endurance to start the race and make it to the finish line. In fact, the very first Iron Man triathlon competition held in 1978 was completed within 13 minutes before the day's half ends.

## **Content:**

"Whoever finishes first will be called the Iron Man", is the tag line that has revolved around the competition that produced the survivors of the game for the fittest. Iron Man Triathlon is simply a game for the bold. It takes tons of courage, will power and endurance to start the race and make it to the finish line. In fact, the very first Iron Man triathlon competition held in 1978 was completed within 13 minutes before the day's half ends. Over the years, Iron Man triathlon has become a pool of multisport events that cover sports like running, cycling, swimming and sometimes, skiing. These have varying distances of multiple combinations of course sequences. However, the original event is still embodied in the Kona events that actually call the winners as Iron Men. The Hawaii still holds the World Championship for Iron man Triathlon though the governing body hosts other competitions around the world that also provide the title of Iron

Man for the winners. Nevertheless, the title is owned by the World Triathlon Corporation. Other multi-sports competitions unofficially call the events as Iron Man triathlon, only hidden under the terms such as Half-Iron man, or Iron Distance. The Iron Man Triathlon held annually in the Kona Bay is an annual amount that is hailed to be the most popular of all triathlons. Following the standard of the triathlon, this event starts with swimmers crossing the bay of the Big Island which takes 2.4 miles of swimming, after which the 112 mile biking and another 26.2 miles of coast marathon. While the competition is held in Hawaii, qualifying events are held in various countries such as Canada, Australia, Canary Island, Japan, USA, Europe and South Africa. While many people might be mistaken with calling all similar competitions as Iron Man Triathlon, it is still good to note that this practice is technically incorrect. Iron Man races are supposed to be not used as a generic term for a number of multisport events. This competition had its debut during the awarding ceremony for the Oahu Perimeter Relay, which then was a running competition that included teams, composed of 5 members. Incidentally, the competitors in the said event were runners and swimmers who for sometime, had been debating on who stand as fittest. In the said ceremony also, Commander John Collins noted that a Belgian cyclist holds the title for the highest oxygen uptake which eventually lead to the conclusion that cyclists probably are the fittest. Sprint triathlon, like those of Iron Man or half-Iron competitions are composed of three disciplined events namely, swimming, biking and running. Sprint, being a smaller scale as compared with other variations may not require you the same endurance other types have but still it requires some great will power. In usual cases, sprint triathlon takes off half the original distance Olympic standards have. Sprint triathlon only takes 750 meters of swim (considerably short for a triathlon race), a biking distance of 20 km and a run of 5 km. Not much of a suffering right? But it is for the beginners. Olympic distance, on the other hand, has standard of 1.5 km of swimming, 40 km of biking and 10 km run for the last leg. Iron Man Triathlon, which seem to have the primary aim of testing the limits of the physical body and the mental endurance of a racer requires one to finish 3.8 km of swim, 180 km for the bike lap and a run to hell of 42 km. Once you embark on a sprint triathlon competition, the first thing you need to do is to condition your body for the grand day ahead. This can only be acquired through proper training, which normally lasts for not less than 13 weeks. Set an achievable goal first. That would be better since you can work on it. Set your hopes high but do not go beyond plans that you believe would not work. Now that you have a specific point to get to, schedule your training program and start working on it. Assure to it that your plan will always be in accordance with the specific events that you are about to join. Do not just swim meters by meters. Or ride the bike for as long as you want. Or run miles on end. See to it that in each session, there is a specific aim that you are working with, say endurance or speed.

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