

ELEVATOR PITCH – 6th November CS1

IronMan – How they can do it?

Good morning to everyone, my name is Cristina and I would be very stunned if all of you know what this icon means.

Have you ever heard about what an IronMan is? And no, I'm not talking about the Marvel's one.

IronMan is one of the hardest sporting challenge that the humans can take part in. Three point eighty km swimming, one hundred eighty km cycling and a marathon running to end it.

Living in a society in which the levels of physical inactivity are increasing, what the respective problems that this means, how can this superheroes, beings of flesh and blood endure this?

1. Perseverance and discipline: Between seven and ten training sessions per week, combining the three sports, finding the equilibrium between them to achieve their best version.
2. Mental training. In such a long time sport event, you are your own worst enemy. Your thoughts during the training sessions and during the competition day will be as important as our physical conditions.
3. Adaptive capacity. What this means? Things could change suddenly: family factors, issues... A triathlete must be able to adapt their selves to the their daily conditions to succeed.
4. Recovery. Last but not less important. As important as train, they should stop and rest when it's the moment for it. A lack of it will result in issues and could end what your season.

To be able to do that, they are not alone. Working with trusted coaches, be part of a close group of athletes and have family support are essential things for achieve their objectives. So, the key, is that be an IronMan is not a hobby is lifestyle.