

FIRST ANNUAL INDOOR/OUTDOOR IRON DISTANCE EVENT – GENERAL GUIDELINES

MY 1st ANNUAL INDOOR/OUTDOOR IRON DISTANCE EVENT” IS 140.6 MILES AND SET TO BEGIN ON 6 JANUARY AND END 26 JANUARY. YOU START 6 JANUARY AND MUST HAVE ALL WORKOUTS (WKO) LOGGED BY COB 26 JANUARY – IN ANY ORDER, ANY DISTANCE.

IF YOU HAVE A COACH, BE SURE TO GET HIS/HER OK TO PARTICIPATE IN THIS EVENT !!!

a) **Three times frames** are offered - **1 week, 2 weeks and 3 weeks** to do a total of 3860m/4221yds swim (S), 112 mile/180.219k bike (B) and 26.2m/42.195 run (R). **The end of each 7, 14, or 21 day period is the "cut off" for that period** - 168, 336 or 504 hours. If your training log entry is on the 8th day, you're going into the 14-day period; if an entry is on the 15th day, you'll then be in the 21-day period.

The total number of WKO days must be WITHIN a 21-day period; the order and number of workouts (WKOs) doesn't matter – they just **“start the clock” the first day you log your first WKO.**

b) The day of the week when you do your workouts (WKOs) doesn't matter; you **just log the date, distance AND time for each.** Be consistent in using meters, yards, miles, or kilometer.

c) **You can log your WKOs distance via any means done – for swims, Vasa or Endless Pool, indoor pool or other water resource are ok (no bathtubs); for runs, a track, treadmill, Stairmaster, and outside (FYI, aqua jogging with a Garmin doesn't work); for cycling, road, stationary bike, trainer, recumbent and outside. Basically, use any location or resource that equates to S, B and R and can be measured in distance and time done.**

d) **I can offer suggested prerequisites** for each of the three timeframes based on past training & racing experience; the just recommendations that might help you to not "overdo it" –try to do too much in too short a period.. And I'll **also provide guidance on the spacing, distances, and frequency of WKOs** based on the 1, 2 or 3 week period you choose to be in. The prerequisites are not mandatory qualifications and the WKO frequencies and volumes are just suggestions – **the when, how often, sequencing and the distances of WKOs are entirely your choice.**

e) **The day you log your first WKO is the beginning** of your "race" - for 1, 2, or 3 weeks. This event is not intended to be a race against others, but you can approach it that way if you need the motivation. **You are always your biggest competition so work on that.... BUT, you can always compete "with" a friend..** I'll obviously trust you to honestly log your dates, sport distances and times for each WKO.

f) **I recommend you use a Garmin or other sports activity tracker that is comparable with Garmin to log and update your WKOs. I can provide a generic worksheet** to log your WKO information if you can't electronically track them. It will contain headings and a legend of guidelines to help your documentation. Or you can use any format you want that is easy to use.

g) **WHEN your S, B and Rs total the individual sport distances of an Iron Distance of 140.6 miles, fax me your detailed "log" or forward me your Garmin/activity tracker data** - a listing of EACH WKO by sport, date, duration of WKO, and WKO distance done AND the total time it took to do it all. Please have a data to me NLT February 1st.

h) **There will be Finisher Metals for everyone. I'll award a prize for EACH "podium finish" for each of the three periods, nine awards in all, plus discounts or special awards for 1st in each 7-, 14- and 21-day plan.**

IF YOU WANT TO PARTICIPATE IN THIS EVENT, SEND ME YOUR EMAIL ADDRESS AND TELL ME WHICH TIME FRAME YOU WANT TO DO SO I CAN CONSIDER YOU “REGISTERED” AND IF YOU DESIRE SOME ADDITIONAL INFORMATION ON RECOMMENDED PREREQUISITES, WKO DISTANCES, SCHEDULING A WKO, ETC.

Remember to get your coaches approval before participating to avoid conflicts. **This will be a great opportunity to get into the triathlon mind-set, start goal setting, improving/assessing skills abilities and setting priorities as an introduction to/focus to training and racing in 2020!#**