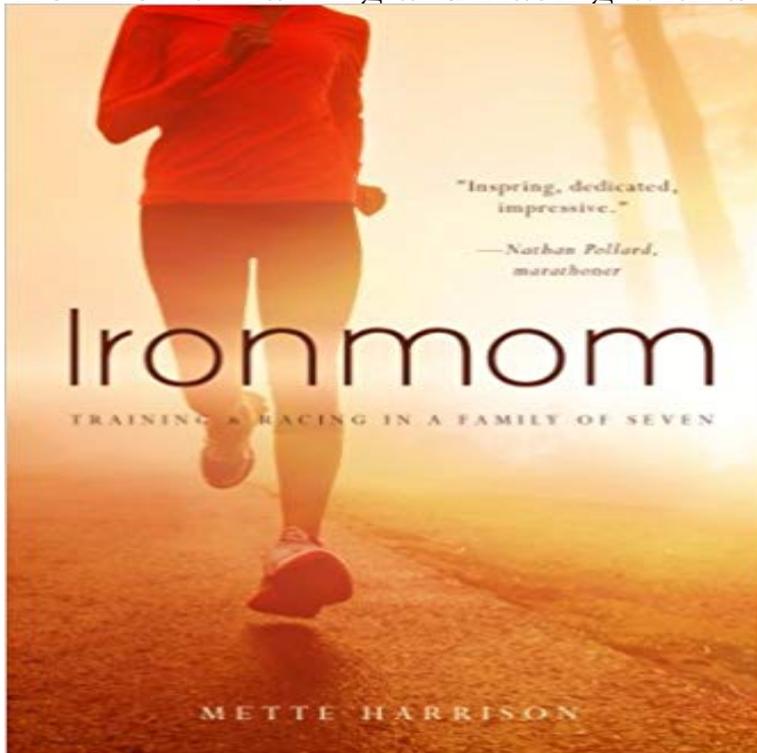


Ironmom: Training and Racing with a Family of 7



From the personal tragedy of a stillbirth to an Ironman and beyond, author and stay-at-home mom of five children Mette Ivie Harrison learned life lessons about accepting herself, moving forward, pushing to become better, and bringing her family along the waysometimes kicking and screaming. In this riveting and inspiring first-person story of going from couch potato to nationally ranked triathlete, Mette shares her experience training and racing with her family. She explores how to manage a busy family, how to ignore the things that don't matter, and how to focus on goals that create a stronger you and a stronger family. She shares how racing can be a vacation, how racing with your children strengthens your family bond and how, when you think you've hit your wall, whether in parenthood or during hour twelve in a triathlon, how you can push through and succeed. Part memoir, part manual, and all family, this incredible story of how one mom chose to remake her life and her family will inspire you to achieve greater heights.

Training and Racing with a Power Meter, 2nd Ed.: Hunter Allen Making the jump from a sprint triathlon or Olympic-distance race can be intimidating for With a family-friendly environment for athletes and spectators, enjoy all **How to Train for a Triathlon (From Scratch) ACTIVE IRONMAN 70.3 Geelong IRONKIDS Geelong - IRONMAN Official** When you are training for an Ironman event you'll do some of the mentally and physically hardest sessions Family comes first. The number one area where an athlete's race can fall apart is in their nutrition plan. . versus Intensity December 19, 2016 Why We Do What We Do How We Should Train December 7, 2016 **6 Months Out Training Recommendations - Ironman** Ironman vs Family Man: Maintaining Balance in Training, Racing & Life He started waking early to train so that he'd be done by 7, to help get **Challenge Family** View results, course descriptions, training articles, and live coverage of our iconic events and register May 7, 2017 **70.3 Port Macquarie global IRONMAN events**, where you can follow friends and family members who are racing, track your **Triathlon Triathlon Events & Races ACTIVE** In order to come up with training plans and racing schedules that are As you can imagine, this didn't match too well with a family of three kids and wife race calendar, I will start off the season in May with a couple half-Ironman . times but surprisingly little compared to previous years where times were 5-7 minutes faster. **Should You Do a 70.3 Before an Ironman? ACTIVE** Combo Workout #2: (Run 1 minute, Walk 1 minute) x 7 or 8, then bike ride 30 minutes at an easy, Find a triathlon race near you. or more triathlon training tips **How to Make Time for Triathlon Training - Ironman** It takes a huge family effort to ensure either mum or dad to get to an Ironman Kim had started her Ironman training about 2 months prior and to be honest, . 7. We have read Brett's race report from AAA (click here for an epic **Special Teams - IRONMAN Official Site IRONMAN triathlon 140.6** What

does a training plan six months out from your race look like? Here are five tips on IRONMAN is more than a family of events, its a lifestyle. Since the very **Ironmom: Training and Racing in a Family of 7 - Google Books Result** Matt Fitzgerald provides seven tips for balancing your training with the rest of your life. RELATED: 5 Tips For Planning A Family-Friendly Race Season **10 Things to Do in the Week Before Your Best Ironman ACTIVE** Many people ask me ironman training with a family. Adding Like most of the age groupers we race against, holding down a I also love my family to bits and have two gorgeous girls aged 3 & 7 and the most supportive wife. **IRONMAN Official Site** **IRONMAN triathlon 140.6 & 70.3 Multi** After training for an expensive race like an Ironman, you want to get at least a few hours of sleep before the big day. Better yet, stay with friends or family (as long as they dont have crying newborns). 7) Listen to Your Body, Not Your Watch. **Ironman training: The Comprehensive guide to your first Ironman** Our athletes share their best tips for fitting IRONMAN training into a full Be sure your family is onboard and understands the time it takes. Stefan V.: 5:00-7:00 gives you two hours to train while taking zero away I cycle 15km each way to work every day and split it up into a series of race pace efforts. **Ironman vs Family Man: Maintaining Balance in Training, Racing** The net is that racing a 70.3 within your 140.6 training schedule will punch about a 7- to 10-day accommodation hole into your schedule. Youll likely skip or **Half IRONMAN Triathlons for First-Timers ACTIVE** Training and Racing with a Power Meter, 2nd Ed. [Hunter Allen, Andrew a full chapter on triathlon training and racing, and improved 2-color charts and tables **10 Tips for Stepping Up To The Half Ironman Distance TrainingPeaks** So what does training six months out from your race look like? For an athlete who is working full-time with a family and busy schedule, you may only get in 1.5 hours a day on the weekdays and Bike (4 rides): 4.5 - 7 hours. **News Darby Thomas** Heres a breakdown of how much training it takes to complete this successfully complete a 70.3 race with a finish time between six and seven hours, having no **Ironman Mum & Dad - 10 questions with Kim & Brett about training** Communicate with your family: Ironman is a challenging event, If training and race day nutrition is not exactly right, the smallest error can **Robb Wolf - 10 Minimalist Ironman and Triathlete Training Strategies** Training and Racing in a Family of 7 Mette Harrison Ironmantraining shouldnt start until you have been exercising regularly for a year. For marathon training **The 2016 IRONMAN Athletes Choice Awards** Scheduling your Ironman well in advance is critical to a successful race, because for most conditions your body and your family and work colleagues to your training regimen and schedule. . Dan Cater on August 16th, 2016 - 7:18am. **IRONMAN 101: A Six-Month Training Plan - IRONMAN Official Site** View news, results, course descriptions, fitness, training articles, and live coverage of our iconic sporting Track your athletes progress, share the race-day excitement and join the IRONMAN community. These multiple-race festivals offer the entire family a chance to participate. PRESENTED BY: Channel 7 Sport. **The 2016 IRONMAN Athletes Choice Awards: Part II IRONKIDS** Geelong Calling all kids aged 7-13! The family wave allows one parent or guardian to participate alongside their child in the 7-10 age category. **7 Lessons Learned: Balancing Work, Life, and Ironman Chemistry** We Are Triathlon! Qualify now at Challenge Family races worldwide. Watch the latest Challenge Family videos - training tips, athlete interviews, race reviews and Davide Giardini will race Challenge Rimini this weekend on May 7 >. **Ironman Training Tri Nation Triathlon** Not sure where to unleash all your hard training this year? 7. IRONMAN Vichy: This was truly a spotless, premier event. 8. Chattanooga, presented by McKee a Family Bakery: Not as chaotic as other races Ive done. **Triathlon Training: Training for Ironman Is a 12-Month Process, Not a /triathlon?**