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Going Long Training For Ironman

One of those quite
happy with the delay
was Hannah Wells who
will be making her
debut over the long ...

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training. "In the 70.3 you're pretty much going as hard as you can, but in the full Ironman ...

Athletes adjust for delayed Ironman

Doctors have told Rich Haggerty he should be a dead man. That's why the 56-year old is using IRONMAN to inspire anyone who will listen.

'I should be a dead

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Training For
**man': How Rich
Haggerty is using
IRONMAN St. George
to inspire all
listeners**

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below." Over 26 years
of riding centuries,
200-mile gravel
grinders, mountain
bike stage races, and
...

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**What Keeps this
Coach and Author
Comfy After 25
Years of Long, Hard
Miles.**

This weekend Ironman
launched its live event
coverage at the
Ironman North
American
Championship in St.
George, Utah, and
triathlon fans around
the world were
provided with some
incredibly exciting ...

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**6 Takeaways from
Ironman 70.3 St.**

George

It took a long time to
get over ... you really
don't eat that many
calories," she says.

"Then to go into
Ironman training,
where you're eating
4000 calories a day. It
was something I ...

**Battling mind and
body through
Ironman**

Millis senior Ben

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Hurney completes
Ironman to raise
money for the
Christopher Reeve
Foundation for his
senior project.

Millis senior Ben Hurney completes Ironman while raising money for Superman

She's working hard to
help her good mate
Linda Adams reach the
ultimate IRONMAN goal
- to finish ... make sure

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everything from her training to nutrition is going to plan. They don't want ...

Friendships are the secret to IRONMAN success

Once you are moderately fit, this six-week training schedule, designed by Jennifer Rulon, a San Antonio-based coach and Ironman ... long hair, a swim cap will also keep your hair

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from going ...

Let's Try a Triathlon

An Andover charity is set to benefit from an extreme challenge in which will see three men cover over 800 miles in six days of gruelling triathlons.

Men's six Ironman triathlons for Andover's Abel Foundation

Kailua-Kona's Anita Leao (12:20:01) said

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that following her training program leading up to the event helped toward a great experience for her Ironman ... “I had a very long, fun day of play ...

Runnin' with Rani: Ironman afterglow

His next mission is space travel. This extraordinary life, which could very well be the script for a Steven Spielberg film,

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began to be written
after the Argentinian
suffered a heart attack
at the age ...

Retired Argentinian Para alpine skier Jean Maggi wants to go to space

Throughout his training
... Ironman, and Caleb
is still talking about it.
As Caleb starts to
engage in more Special
Olympics clinics that
focus on triathlons, he
always asks, "Is Chris

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going ...
Ironman Distance

**Special Olympics
and Ironman athlete
Chris Nikic inspires
others to follow in
his footsteps**

The 2021 Memorial
Hermann Ironman
Texas North American
Championship ... he
and other officials were
“thankful” the event is
going to take place.
“This event brings
people from all over ...

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Fried

**Ironman Texas in
The Woodlands
rescheduled to
October**

THERE is less than a month to go until this year ... to take part in his first ever ironman challenge. He said: "I signed up in December because, for a long time, I had watched the event ...

**Bolton Ironman
athletes, we want
your selfies**

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The mum-of-four is a dedicated triathlete, and has been training for her first ... highlight of the year The Beetons have long been a part of the wider IRONMAN community. Their favourite annual ...

IRONMAN is the ultimate family sport

The big dream is to be the first athlete with autism to participate in the Ironman World

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Championships ... boon when it comes to training, he explains: 'I can focus for long periods while doing ...

Meet the man hoping to become the first professional triathlete with autism

If six-time Coolangatta Gold champion Day ticks off the one thing missing from his CV by winning an Australian ironman ... training. "It

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Friel

was awesome being
with them. Every time
you go out ...

Australian Surf Life Saving: gang of Olympians, champs helping ironman Ali Day

My training was going
really well ... it did not
take him long to climb
to the top as six weeks
later, he won an
Ironman race in
Australia, smashing the
course record, before

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Covid-19 curtailed ...

**Olympics: I was
done but something
changed, says
triathlon superstar
Alistair Brownlee**

The day before, the 33-year-old Glenwood Springs resident had completed the Arizona Ironman ... but without her swim meets to go to I needed something to occupy myself," Kae said. So McDonald dove

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**Local pair, from
Glenwood Springs,
complete Arizona
Ironman**

A long words for a bad situation ... t get back on your feet and keep going." Jim Oldfield is now 69 years old and started his marathon and Ironman training in his mid-50's.

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