

Download Triathlon Training Journal Template

An Ironman Triathlon is one of a series of long-distance triathlon races organized by the World Triathlon Corporation (WTC), consisting of a 2.4-mile (3.86 km) swim, a 112-mile (180.25 km) bicycle ride and a marathon 26.22-mile (42.20 km) run, raced in that order and without a break. Running gait can be divided into two phases in regard to the lower extremity: stance and swing. These can be further divided into absorption, propulsion, initial swing and terminal swing. Access Google Sheets with a free Google account (for personal use) or G Suite account (for business use). Search the extensive archive of high-quality information on exercise, fitness, health, and nutrition.