

Top 7 Reasons People DNF an Ironman and How to Avoid Them

1. Panic in the swim or don't make the swim cut off time

1. This is all about being prepared in the swim. GET IN THE POOL. Get the Yardage DONE. Correct the stroke technique Mistakes mentioned in the EnduraSwim videos. Practice makes Permanent. If you are nervous about the swim - then swim more. Also, you need to practice swimming in open water, because I have yet to see an Ironman Swim Course in a pool. I know it's scary. I recommend swimming with an open water swim buoy/float for your safety, also swim with a friend. But get it done. If you know you can complete 2.4 in the pool and 2.4 miles in open water repeatedly under the cut off time the chance of the swim making you DNF is slim to NONE! The EnduraSwim program has a 100% success rate for finishing the Swim portion of the Ironman in under the cutoff time!

2. Overtraining

1. I know this sounds crazy because the Ironman requires an Immense amount of training, and that's true - but it just may not be as much as you think, and when you think it should happen. The EnduraPlan training plans will help you know how much to train, how hard to train, when to train, and when to rest. The EnduraPlan training plans have a 100% success rate for finishing the Ironman in under the cutoff time = NO DNF's

3. Undertraining

1. I know must everyone is out there busting the tail (and legs and arms and core and feet - you get the idea), but some people don't know how much training is really required to be able to cross the finish line at an Ironman. The Ironman is the LONGEST single day sporting event. It requires very specific training, if you are under trained you can start out the day strong and not have the ability to finish the race. The EnduraPlan will make sure you train enough but efficiently so you still have time for the people and the things that are important to you!

4. Injury

1. This can be injury that prevents you from getting to the starting line or injuries that get to you the starting line but not to the finish

line. Although there are freak accidents that happen, most injuries that are in these two areas are because of improper training. The EnduraPlan and EnduraStrength and EnduraRecovery are all designed to prevent injuries and therefore prevent DNF's.

5. Lack of Preparation

1. Lack of preparation and undertraining are two different things.

You can be over trained but not prepared for the race. Do you know about the race details, do you have the correct type of gear for this race, have you been doing enough bricks (if you don't know what that is, then you might be under prepared). Do you know how to handle a drastic temperature change during a race (I once did an Ironman that was projected to be in the high 70's-low 80's, a cold front came through the night before and it was 46 degrees F at the start of the race, another race it dropped 40 degrees F during the race! That's only one of the things that you need to know about and be prepared for to ensure you don't DNF

6. Fear

1. This can be fear before the race that prevents you from getting in the water as discussed in number one, fear that occurs during the race, or fear that occurs anywhere from 0-16 weeks out from the race that makes you say - I don't think there's any way I can be ready for this race. Guess what - YOU CAN DO IT! The EnduraTough and EnduraPlan programs will make sure you are both mentally prepared and physically prepared for the race.

7. Fatigue

1. Yes, you might get fatigued during the race at some point, almost everyone does at some point, but fatigue can lead to muscle failure, cramping, having to get rescued on the swim, crashing on or not being able to finish the bike, or coordination issues and or not finishing the run all of which will result in a DNF. The EnduraStrong program is not designed just to build muscle and make you look good in those Ironman Photos. It's also designed to give you the strength and endurance in all the right places