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Turn Marathon Misery Into Triathlon Success

By Mr Hanna

Now the dust has – just – settled on the streets of the London Marathon let's spare a thought for all

those non-runners. Even before the race start, competition was keen with over 50,000 disappointed applicants unable to take part and the situation is no different across all the World Marathon Majors.

But if you're still serious about testing your body to its limits, a triathlon event can be an interesting and much more accessible option with less pressure on places. The triathlon event comprises 3 consecutive disciplines of swim, bike and run, with distances to suit all abilities from super sprints to Olympic levels.

At the pinnacle of the triathlon family are the gruelling Ironman competitions, testing the triathletes with increased distances. The toughest courses in Hawaii and the Canaries also add the infinitely more glamorous ingredients of ocean, volcano and scorching sunshine.

Indeed Lanzarote's Ironman Triathlon is almost upon us, due to take place this year on 20th May, with registration for both men and women closing on 1st May 2006. Lanzarote will see over 800 competitors attempt to complete a 3.8km (2.4 mile) swim, 180km (112.5 mile) volcano bike ride followed by a 42km or 26 mile marathon run, all in one day.

Attracting some of the world's best professional athletes, the event is definitely not for the fainthearted although the schedule of activities lasts for a few days with fun runs in the week leading up to the event itself, and parties and award ceremonies during the evenings.

If the sun, fun and party elements sound appealing but you find you're just not quite able to hone your body into this superfit category, then just slow the pace down a notch or two with a stay at Lanzarote's Club La Santa (

<http://www.clublasanta.com>

), official headquarters of the Ironman and recognised as

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one of the world's top sports resorts.

Combining superb sports facilities with all year round sunshine, the Canaries are easily reached throughout the summer and winter, see XL to find out about a cheap Lanzarote flight (

<http://www.xl.com/champion/cheap-flights-to-lanzarote.asp>

). The Club's triathlon instructors are

available for personal coaching for those more serious athletes with organised professional events such as the Volcano Triathlon as well as weekly smaller triathlon and duathlon events with free participation available for all guests.

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What Does It Take To Join A Mini Triathlon For Kids

By Low Jeremy

At some points in our lives, we all have wondered if mini triathlon would work for us. Or if mini triathlon lifestyle would suit us best. But as we all understand, the best junction to start with is in our kid stage.

Many people agree that triathlon is a sport for the uncontented. For those who would want to venture into other competitions that they believe, would help them to get better. And those who would want to push their mental and physical capacities into the limits. It is after all, a game of endurance. Somehow, after the competition and being able to finish a mini triathlon, the sense of achievement would be enough to create a better sense of yourself. While kid's may not actually understand the full meaning of their actions, triathlon would still prove good in honing their capacities to compete.

In fact, the majority of kid racers are not solely after the title or the price that's waiting at the end of the line. They enter because they have a personal race to win, a battle for and within themselves.

It surely must take some hard work, pain and dedication to your vision before you become fit for a mini triathlon. Aside from training, you mind and your body must have undergone some preparation and adaptation to the risks involved in a mini-triathlon.

If you are seriously considering joining your kid in a mini-triathlon race, here are some aspects you must work with.

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Know your fortes and pitfalls.

Central to this is to improve both of your child's weak points and strong points. Many can swim well but haven't tried cycling or are great runners yet terrible swimmers. There are lots of possibilities. Only you and his trainer would be able to spot that. Thus, the advantage of taking formal training.

Visualize a plan.

A workable plan is always the ideal since this allows room for mistakes and improvements. A well-planned training schedule will let you become more realistic. That way, you'll get the motivation to stick with your plan since you are seeing improvements. Training requires you to take each lesson in their bite size. Don't try beyond your capacity, unless you have the full conviction that you actually can surpass the hurdles.

Master the basic workouts first. Then gather your strength and work on more difficult routines. Work at your body's pace and take pleasure from each experience.

Stick with your visualized plan.

There would always be a junction when you would stop believing that your plan will work. This arises from a number of possibilities. One good way of keeping your child from training blues is to make each session as varied as possible so as the height of his motivation will always be kept at different paces.

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