



## Taking up the Challenge with the Kellogg's Nutri-Grain Taupo Half Ironman.

If you are looking to do a Half ironman for the first time, let's look at what you need.

With 235 days to go from the 1<sup>st</sup> May, and you are looking to start training up from now, ideally you need to do the following.

1. To be able to swim, 20 minutes.
2. To be able to bike, 50 minutes.
3. To be able to run, 60 minutes.

If you cannot do each of these on there own then this year maybe look at getting a team together and do a discipline each.

For those already training and reasonably fit, but just starting with a plan,  
**"tri this" for the next two months.**

Swim.....2 - 3 times per week. And preferably join a swim squad in your area as soon as possible. ( the benefits are real)

Bike..... 2 - 3 times per week. With at least 4 – 4 ½ hrs ride time in a week.  
Make one ride a quick one, and one ride a longer one. (1 ½ – 2 hrs.)

Run.....2 - 3 times per week. With at least 2 – 2 ½ hrs run time in a week.  
Again make one run a quick one, and one run longer.

Make sure that you work to improve your weakest discipline !!

And just to give you some ideas, here is a rough plan to follow, but choose your own patterns to fit into your work, home, and lifestyle. When you are comfortable look to increase your time in each discipline, then make one effort a little quicker.

Have fun and get the passion.

Cheers,  
Bryan.

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