

# What to know for first time IRONMAN athletes

Signing up for ANZCO Foods IRONMAN New Zealand is a big commitment. That commitment is not just about the time and effort required to get yourself to the start line in the best possible shape to complete the race, but also a financial commitment. ANZCO Foods will support you with regards to several costs related to your IRONMAN experience but below is an indicative list of the expenses that you will incur, as well as a sense of the time you will be required to put into training.

## Equipment

### Swim

- Wetsuit: \$500–\$1,000
- Goggles and training aids: \$200

### Bike

- Road bike: \$1,000-\$5,000 (Depending if you buy second hand or new, and level of specification)
- Bike shoes and cleats: \$200-\$400
- Helmet: \$100-\$400
- Bike shorts and top: \$200
- Cycle computer: \$300-\$600 (not essential, but useful)
- Indoor trainer: \$500-\$1,000 (If bought second hand. Not essential)

### Run

- Road running shoes: \$200-\$300
- Sports watch: \$400-\$1,000 (Depending on specification. Not essential, but very useful and can also be used for swim and cycle training depending on model purchased)

## Additional costs to consider

- Bike bag for transporting bike: \$200 (rent or purchase second hand)
- Pool access: \$60-\$80/month
- Training nutrition: \$100/month (electrolytes, energy bars, carbohydrate gels, protein powder)



## Training commitment

You'll receive a high-level training program to help you stay on track, running from October to race day in March. Before October, you're expected to build and maintain a basic level of fitness so you can begin the formal programme with ease and reduce injury risk. It's also an excellent opportunity to invest in swimming lessons if you're not confident in the water or haven't swum for a long period of time. Swimming is all about technique, thus it's important you understand the basics of your stroke before you begin swimming consistently.

Below is a basic half IRONMAN training plan, at a minimum, you'd be expected to follow once the season begins. The rides would be planned for weekends with the balance managed during the week. If you're aiming for the full distance, expect to add at least five extra training hours per week.

### October: 7 hours/week

- 2 x 45-minute swims
- 2 x 45-minute runs
- 2 x 2-hour rides

### November/December: 10-11 hours/week

- 3 x 45-minute swims
- 3 x 45–60-minute runs
- 2 x 3-hour rides

### January/February: 11-13 hours/week

- 3 x 45-minute swims
- 3 x 60–90-minute runs
- 2 x 3–4-hour rides

In addition, you will be encouraged to compete in some shorter distance races in the lead up to Taupo, to build confidence and understand the structure of a race, including transitions. ANZCO will support you by covering the cost of entry for these races. For those based in Canterbury, this would include:

- Oxman: November
- Waitomo Triathlon Festival: December
- Canterbury Classic: January

If you are based elsewhere in the country, we will identify races that are in your local area.

