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## Lazy Ironman Tips and Tricks For Success

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### **If you are new to all this:**

- Start small. No need to run this all on one day, it's a "Lazy" Ironman for a reason! 30 minutes a day is a reasonable goal to start with.
- Use walk/run/rest breaks as necessary. If your goal is 20 minutes in the pool, aim for two uninterrupted laps with breaks in between. Over time, decrease your break and hold the activity longer.
- Drink PLENTY of water! About 24 oz of water per hour of activity, in addition to your regular water drinking habits. Stay hydrated!
- Pick a recovery day and if necessary, a recovery week (every fourth week is not a bad idea!).
- Outdoors is recommended, but stay safe! Use helmet, good shoes, carry ID, and be aware of your surroundings. If not an option, a treadmill or stationary bike will do just fine.
- Do NOT crash diet! Yes, protein is recommended for recovery, but carbohydrates and rehydration are just as vital. A good goal is to eat the recommended amount of every food group, although highly glycemic foods like refined sugars cause levels to spike and can cause a wave of hunger and fatigue.
- Don't do this alone! Find a buddy to work out with you or keep you accountable! Join our private Facebook group!
- HAVE FUN! Celebrate all you CAN do, and enjoy your time! Remember this is for encouragement, not for comparison.

And **most importantly**, consult with your primary care provider before engaging in any kind of physical activity. Make sure you are healthy enough to participate and follow your doctor's instructions on nutrition and physical restrictions. I'm not a doctor or a coach, I'm just a mom who wants to move a little every day. Join me at your own risk!