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# Top 5 tips

## Looking to 2009...

*It's been a fun first two months at ironmantriathlontips.com! Here are our top 5 favorite tips as we start to gear up for the 2009 season.*



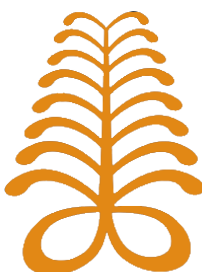
As we continue our daily tips at 'ironman triathlon tips.com', we wanted to highlight a few of the tips from the past two months. Writing out your goals and focusing on consistent training, over the long term, will help you improve your triathlon performance.

You may not even be competing in a long distance events (Half Ironman or up) yet, but all of these tips apply to most any triathlete, so continue to read and apply them as they fit your life - the improvements are sure to come.

*- Heather and Trevor Wurtele*

### ZIPP 404 contest -

Don't forget to get your name into the draw for the ZIPP 404. Come visit the contest page to find out how: <http://ironmantriathlontips.com/win-a-zipp-404-contest/>



**AYA (Fern):** *Symbol of endurance, defiance against difficulties, hardiness, perseverance, independence, and resourcefulness.*

## The Top 5

### #1. Consistency

Try your hardest to get something done every single day during a particular block of training. Consistent small workouts every day will outweigh the weekend warrior approach.

### #2. Set your goals

If you really want to improve in triathlon, it is important not only to have some vague goal of "doing well" in your next race, but to write down specifics. When what you want to achieve is written out in front of you it solidifies your desire.

### #3. Nutrition

A smoothie is the ideal way to supplement your daily nutrition. Great for breakfast or post hard workout. Blend up juicy goodness with fruit and veggies that you may not be able to get down in your otherwise busy day.

### #4. Low heart rate

Knowing your aerobic heart rate zone is key to building a solid base for long distance triathlon. Keep most of your training within this zone, especially over the winter months.

### #5. Mimic the best

Studying pictures is a great way to improve your own form. Find someone who does it well and compare your own photos or video.