



Start to Finish: 24 Weeks to an Endurance Triathlon (Ironman)

By Paul Huddle, Roch Frey, T. J. Murphy

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The 24-week training program is laid out in four six-week increments. This represents the day-by-day, week-by-week work to be done in preparing for a successful Ironman.

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Editorial Review

About the Author

During his twelve-year career as a professional triathlete, Paul Huddle finished over twenty Ironman distance events (nine in Hawaii) and well over 300 triathlons. As a partner in Multisports.com, Huddle is involved in production, administration and instruction at triathlon camps and clinics all over the world. A former professional triathlete from Canada, Roch Frey has been involved with triathlon for over twenty years. After winning the Canadian Long Course National Championships in 1993, he turned to full-time coaching and combined forces with Paul Huddle, Paula Newby-Fraser and John Duke to create Multisports.com. Formerly the editor-in-chief- of Triathlete Magazine, T.J. Murphy is now editor of CitySports Magazine in San Francisco and a regular contributor to Ironmanlive.com. He finished four Ironman events, including the Ironman Hawaii in 2000.

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