

24 Hours With Ironman World Champion Mirinda Carfrae

S self.com/algo.html

[Share via Pinterest](#)

2011

An Ironman triathlon consists of a 2.4-mile swim, a 112-mile bike ride and a 26.2-mile run—in this order *and* without a break. Mirinda Carfrae just did these 140.6 miles in a first-place worthy 9:00:55—her third gold and sixth podium spot in as many Ironman World Championships in Kailua-Kona. Here's what a typical day is like for the athlete—think you can handle it?

6:30 AM: My alarm goes off. No snoozing—I'm up and out right away. When I'm hard into training, I need to get up and moving. The same goes for race day so I can stay consistent. I motivate myself by allowing a few days I can sleep in and of course I always look forward to the off season where I let my body dictate the sleep rhythm so I know I am getting the rest and recovery I need.

I don't drink coffee, but I do like to have a quick snack before I head to an early swim workout, so I grab a Bonk Breaker Peanut Butter Chocolate Chip bar that I eat in the car on the way to the pool.

7:00 AM: I meet my tri training group, Team Sirius, at RallySport Health & Fitness in Boulder, CO. I've got my swim bag with my Eney Buoy (which can help recreate the placement of my body in salt water or in a wetsuit, higher up in the water, and we use it for training techniques), TYR paddles, fins, snorkel (we sometimes use these for drills), goggles, and swim caps.

8:30 AM: I get out of the pool and change for my strength-training workout. I usually eat the other half of the Bonk Bar. Sometimes I'll eat a banana, too.

9:00 AM: Then I'll head to my private strength training session, which is 45 minutes long. We focus on muscle activation, which is key for ensuring my muscles don't shut down during the race but instead work together. There are about 25 exercises that we just continually move through, with some core work in there, too, like medicine ball rotations. We always end with planks.

10:00 AM: I personally am more comfortable swimming and lifting without that "full" feeling. Plus, I get more out of my workout by optimizing my nutrition and eating post-swim and weight routine. Now, I'm starving! I head home for a big meal—two to three eggs, with two slices of toast and avocado. Eggs sit really well for me so I like eating them, plus I'm trying to get as much protein as I can, plus carbs. If I'm still hungry after, I'll have some cereal. Then I head to my computer and try to knock out work that needs to be done—sponsorships, media, and

anything else my manager has for me—before I lay down for a nap. I know when I'm tired and if I have a busy schedule, like during race weeks when I have to make appearances and other obligations, I work hard to strategize downtime and naps if needed.

12:30 PM: I wake up from my nap, put on my Castelli bicycling kit (knickers, a jersey, and arm warmers if it's cold) in preparation for my bike ride. I always fill up two water bottles—one with water, and the other with water and Gu Roctane high calorie electrolyte— and I take chocolate or peanut butter flavored Gu chunks or gels with me. I normally get hungry during the session, but even if I don't, I force myself to eat one because I know my body needs the fuel. I have my Garmin Edge 500 computer on my bike, as well as my Quarq power meter: together they tell me my power, cadence, distance and time. Today is a shorter two-and-a-half hour quality ride, so my coach will be out there following me in a car, looking at her Garmin. She'll help me adjust if need be. On my longer five-hour quantity rides, she won't come.

3:00 PM: I like to run straight after I bike as much as possible, because it's important to get used to it after a difficult ride. This is actually my favorite part of the race. I change into my New Balance top, shorts and running shoes. And, I always have a snack in between the bike and run because I'm hungry around this time. My go-to's are a handful of vinegar and sea salt chips or chocolate-covered almonds.

I usually throw on a Timex watch that tells me how long I've been running for. I won't put on my Garmin for this easy run. I still log my easy pace days but I don't really worry about timing. Easy pace is just that—doing what it takes to not tax my body but still allow the muscle memory and active recovery to happen.

3:45 PM: My True Moo chocolate milk is waiting at home post-run, and then I just graze on food for the rest of the afternoon since I generally miss lunch. I'll have some Noofa Greek yogurt in passion fruit flavor and add some apple and granola and just chill out.

7:00 PM: My husband and I are both triathletes, not chefs. We're hopeless when it comes to cooking and usually eat out at Whole Foods, where we'd get a soup and salad, or get a pizza, or just grab something from Chipotle instead. If we do decide to cook, we'll make steak with sweet potato, and broccoli or chicken with quinoa and salad or some kind of green. I generally have one-and-a-half chicken breasts and split a cup of the cooked quinoa. Oh, and of course there's wine! I love California cabs. After dinner, we have ice cream. My husband and I both love chocolate—I try to have my family send over Cadbury as often as possible from Australia. It tastes better from there.

8:30 PM: Ideally when dinner is ready, my husband and I are done with email about sponsor obligations and media interviews and opportunities, so after eating we spend time together, usually watching television or a movie.

10:00 PM: We like to be in bed at this hour, but I'd say that happens about on 60 percent of the time. The latest we'll go to bed is 11 or 11:30. Unless it's my off day for the week, I generally have about two to three workouts everyday (sometimes my swim and weight training

is combined). After a long, hard race or a series of racing though, I take a good week off. It helps me reset and enjoy the little things in life.

Both Tim and I are very committed to racing and training. Sometimes we begin our training sessions together, but we both have different schedules to stick to. We are very competitive but also very loving. We work hard to try to align our race schedules so that we can take a few breaks together in season, but it still might be a few years before we can do this so we can really travel and explore more of the cities we race in. But it's worth the wait—and the reward that racing brings.

RELATED:

- [We're Loving Tri Gear for Women, by Women](#)
- [Tri Training Hair Care Essentials](#)

Image Credit: *Marco Garcia for AP Images/IRONMAN*