



Premium Corporate and Individual Wellness & Leadership Solutions. Nutritional supplements and Aromatherapy

The 70.3 Ironman 2012: Training and Nutrition for Success

If someone had told me a short six years ago, that I will be training for the 70.3 ironman in 2012, I would have had a good hearty laugh. Six years ago, I was a regular gym goer, wanting to stay fit, but not thinking of participating in any competition. Gym time was fitted in so as not to clash with my work and family commitments. In my mind competitions happened at school and if you were one of the blessed few, perhaps at University or College.

I played social squash and tennis and of course have been doing yoga for years. (Yoga being excellent for overall mind, body and soul wellbeing). Once a week I had a friendly squash game to “decompress” from work challenges. Then on one fateful afternoon, I hurt my ankle and could not play for 6 weeks. Not only could I not play squash, but doing my favourite aerobic classes was also not possible. My squash partner recommended that I try swimming after my first week of rest. I was horrified at the thought of swimming at gym – I never even swam in galas at school. However after much cajoling and encouragement, I decided to give it a try. The rest as they say, is history. I fell in love with the water and started swimming three times a week – not more – because I wanted to enjoy my sessions. This resulted in my first Midmar mile open water swim (which admittedly had been on my bucket list). It was my intention to swim the Midmar mile 10 years in a row.

However, on a Sunday afternoon, when my son and I went for an easy cycle, our Jack Russell decided to take herself for an “illegal” stroll and to follow us. When I saw her charging towards us amidst oncoming traffic, my first instinct was to race to her and block her from the cars. She ran in front of me, I fell off my bicycle and fractured my elbow in three places. The orthopaedic surgeon instructions excluded swimming for at least 3-4 months. I was devastated as this was in December and the Midmar Mile was in February. With my arm in a sling, I was moping around, feeling sorry for myself and needing my usual exercise fix. One morning I decided to give a spinning class a try and decided if I could stick it out for a week, I will carry on. I tried it and it stuck, one thing lead to another and next on my list.....The Cape Argus cycle, (which was also on my bucket list). What a beautiful race!

Time passed and I got used to spinning and swimming, the natural next challenge was to try a triathlon. So for the past nine months I trained to take part in the 70.3 Ironman in Buffalo city, which included a local triathlon event.

I had to start running from scratch, which meant from 2km slowly building up to 10km over months of training. It was challenging to fit in my training time, as I am a working mom, but I persevered and made the necessary sacrifices.

With the extra training, my nutritional needs increased. I have always been a fairly balanced healthy eater, but with the additional training, I was hungry all the time. Also, when you train more than your body is used to, some people experience a dip in their immune system, as the body responds to the additional training as if it were a stressor. I supplemented on:

- **Zendegis Anti-Ageing** (I am over 18 years old) and the supplement is a complete Multi-vitamin and multi-mineral with additional amino acids and Omega 3.
- **Zendegis Immune Booster**, whenever I felt my system going through a dip and towards race day. This supplement provides one with extra vitamins and minerals as well as the important pre- and probiotics to maintain the wellbeing of the “gut”.
- My post training drink was Energy Dynamics’s reignite – providing the scientifically researched balance between carbohydrates, protein and fat to help the muscles restore after long training sessions. I also drank this on long bicycle rides.




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My meals always contained a balance of protein with carbohydrates, for example chicken with vegetables, whole-wheat sandwich with tuna, scrambled egg and toast. I ate three meals a day with at least two to three snacks in between. This nutrition plan ensured that I maintained my energy levels, functioned at work and play.

Importantly, I took one day off per week where I just relaxed; at most I would take our dog for a walk.

On the 22 January 2012 I successfully completed the 70.3 Ironman, my training and nutrition having paid off.






January 22, 2012

IRONMAN 70.3 SOUTH AFRICA BUFFALO CITY

IRONMAN 70.3 SOUTH AFRICA BUFFALO CITY

8:26:58
East London

Marichen Mortimer

 swim: 00:43:43	Race Time: 07:51:45
 bike: 03:59:51	
 run: 02:44:00	