IRONMAN
俱乐部计划

IRONMAN TRICLUB PROGRAM

GD Pioneer Triathlon Club
Beijing Elites Triclub
Guangxi Triathlon Sports Club
Shanghai Triathlon Club
Beijing Team 3
Chongqing Liangjiang Triathlon Club
Aqua Triathlon Club
Shanghai Elite Triathlon Club
Balmoral Triathlon Club
Beijing Ace Club
DONGGUAN TRIATHLON SPORTS ASSOCIATION
Guilin Triathlon Club
Xiamen Triathlon Club
AustSports Association
Dalian Triathlon Association
Exceed Triathlon Club Inc
Guangzhou Kingkong Triathlon Club
OL Ball and Chain Triathlon Club
TEAM HOPE
TRIATHLON BUDDIES
Wagga Triathlon Club
Xiamen Mix Triathlon Club
Arrivo Primo Singapura
Beijing International Triathlon Club
Big Sexy Racing LLC
Chick Run Triathlon Club
dao bi dao
DVTT Doctor Voice Triathlon Association
FCA Endurance
Hangzhou IRONMAN Club
Hefei Huitie Triathlon Club
Hills Triathlon Club
Illawarra Triathlon Club
Liberight Triathlon Club
Mackay Triathlon Club
Melbourne Triathlon Club Inc
Mokdong Tri Club
Nanjing Qixia Zhongshan Triathlon Club
North Georgia Tri Club
Personal Best Triathlon
Plateau Triathlon Club
Shanghai Aoxiong Triathlon Club
Shenyang Triathion Club
Sports Club Ironman.lv
Suzhou ibike Triathlon Club
Team Tri for Hospice
Team TRION
Tempo-Sport Bikespeed.ch
Triathlon in Tokyo
Triclub Doha
Trilife.ru
TriScottsdale
TRITONS Triathlon Club
UP2
Wuxi Triathlon Club
Zhuhai TriClub
ZONE3Feidai
Welland Valley Triathlon Club
Laredo Triathlon Association Inc.

Shanghai Triathlon Club
上海STC俱乐部

IronSmith Factory TriClub
铁人工厂铁人三项俱乐部

Shanghai SETC Triathlon Club
上海毅力特铁人三项俱乐部

Shanghai Joy Triathlon Club
上海欢乐铁人三项俱乐部

Beijing Team 3
北京第三连

Cannon
Cannon铁人三项俱乐部

Wuxi Triathlon Club
无锡铁人三项俱乐部

GD Pioneer Triathlon Club
GD先锋铁人三项俱乐部

Sonic Sports Association
Sonic运动协会

Changzhou chiyuan sports club
常州驰援运动俱乐部

IRONMAN 70.3 SHANGHAI CHONGMING

IRONMAN ALL WORLD ATHLETE

The IRONMAN All World Athlete program is our way of rewarding age-group athletes' hard work, dedication, and performance. The program uses IRONMAN's Age Group Rankings system to determine the top 10% of athletes each year. For more information, visit ironman.com/allworldathlete. To order your exclusive AWA kit, visit ironmanstore.com.

HOW DO YOU RANK? FIND OUT AT IRONMAN.COM/ALLWORLDATHLETE.

IRONMAN TRICLUB PROGRAM

The IRONMAN TriClub Program was launched in 2012 with the goal of building community among the hundreds of TriClubs that race with IRONMAN every year.

By joining this FREE program, clubs receive a variety of benefits: priority entry to IRONMAN and IRONMAN 70.3 events, exclusive IRONMAN partner discounts, participation in IRONMAN TriClub Villages, and the chance to become IRONMAN TriClub World Champions.

HOW DOES YOUR CLUB RANK? MAKE SURE YOU AND YOUR CLUB ARE REGISTERED AT WWW.IRONMAN.COM/TRICLUBS.

信息

关于铁人大学IRONMAN U

关于铁人大学:

铁人大学是一个创新型学习平台，为各种技能水平的耐力运动员和教练员提供丰富的课程选择。
作为耐力比赛的黄金标准，IRONMAN既拥有激动人心的赛事，也提供全面的教育培训体系。铁人大学可以从你迈开耐力训练的第一步开始为你提供支持，直至你达成自己的目标。
铁人大学的哲学
成为IRONMAN的5大支柱

- 平衡
- 连贯
- 持久
- 适应
- 恢复

任务
铁人大学旨在提升全球耐力运动的训练和教学的整体水准。
愿景
铁人大学意在创建一个全球共享的教练员和运动员社群，使大家能够充分分享专业知识和经验，共同将耐力运动发扬光大。通过学习铁人大学课程，应对耐力比赛中体力和精神层面的各种挑战。
关于铁人大学的更多信息，请访问university.ironman.com获取。

王开元，
IRONMAN认证教练，国内最早的自行车功率训练的倡导者与实践者，《你的第一场铁人三项》著作译者，《功率计在自行车训练和竞赛中的应用》著作联合译者，十年千余例Bike Fitting经验，中国最早的Fitter之一，《骑行家》杂志“开元课堂”专栏作者，POSE METHOD RUNNING TECHNIQUE SPECIALIST，上海体育学院运动人体科学专业生物力学方向硕士研究生。
--2017 IRONMAN HAWII WORLD CHAMPIONSHIP KONA大铁世锦赛完赛
--2015 IRONMAN 70.3 奥地利世锦赛完赛，中国大陆选手第一人
--12年公路自行车训练及竞赛经验，中铁协健将运动员，马拉松二级运动员。

NEVER FORGET **YOUR RACE**

IRONMAN
OFFICIAL PHOTOGRAPHER

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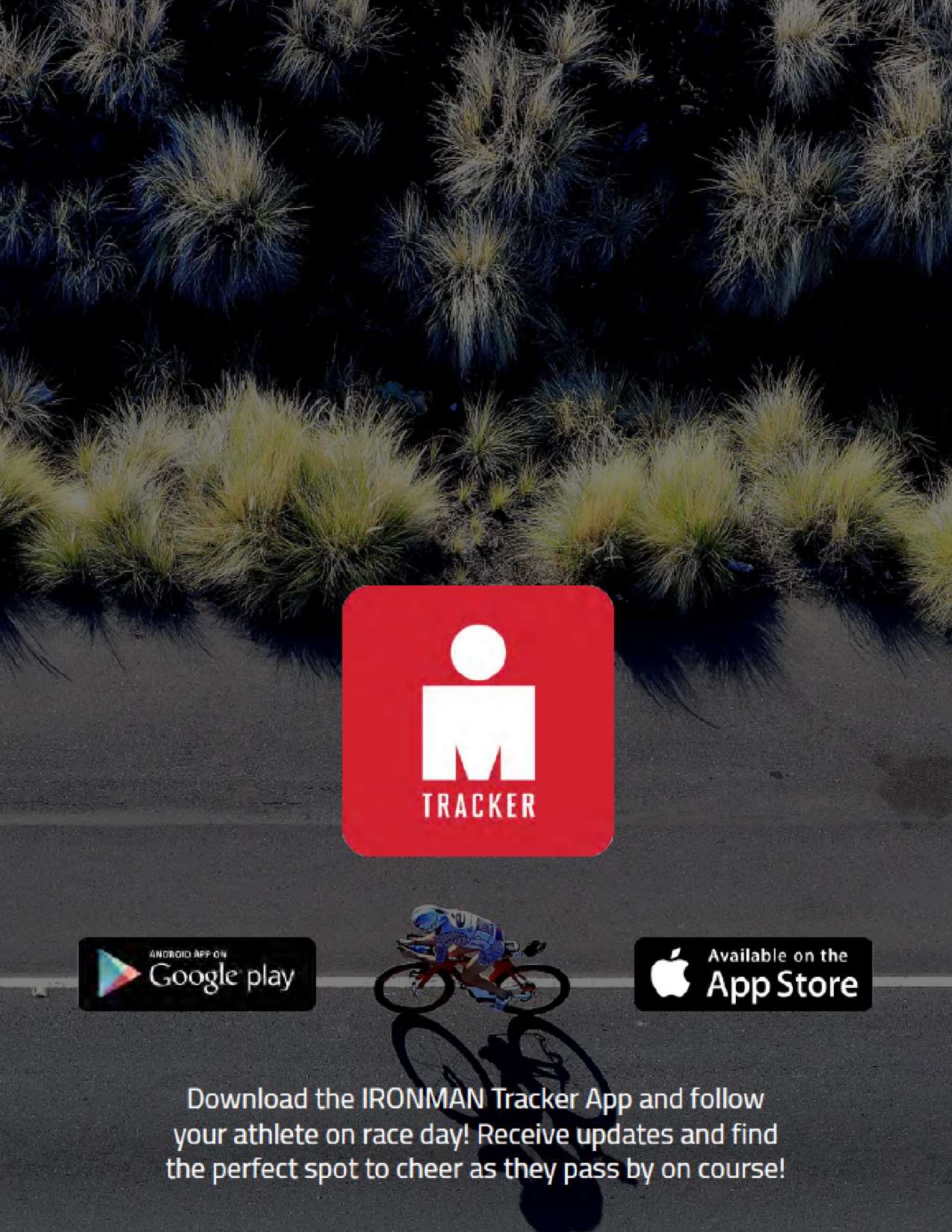
IRONMAN 70.3 SHANGHAI CHONGMING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ANDROID APP ON
Google play
Available on the
App Store
Download the IRONMAN Tracker App and follow
your athlete on race day! Receive updates and find
the perfect spot to cheer as they pass by on course!