



SNEAK PEAK TO EXTREME TRIATHLONS

By Andrés Sauma



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Proud Finisher of:

Ironman WorldChampionship Hawaii
2012 & 2018

Norseman Xtreme Triathlon 2016

Celtman Xtreme Triathlon 2018

Patagonman Xtreme Triathlon 2019

Icon Xtreme Triathlon 2022

History

Back in year 2003, a group of Norwegians began a new branch of Long Distance Triathlons. The first Edition of Norseman Extreme Triathlon started with 21 crazy athletes that gave Iron Distance Triathlon not only a new refreshment, but a new worldwide movement. The hardest ironman in the planet became known for it's beauty, tough conditions and unique racing experience.

Today Xtri races have become a worldwide franchise. Norway, Scotland, Switzerland, Slovakia, Canada, Sweden, Italy, Spain and Chile. All promising to give the athlete the ultimate experience. In simple words Triathlon Back to it's roots.

Swimming in Cold water, riding your bike over steep hills, running on trails or climbing mountains. Wind, rain and fog will be all part of the journey.

These races are unique not only because they are tough, but also because they require a special logistic.

IS THIS FOR YOU?

COLD WATER SWIM

Swimming in Fjords and lakes with temperatures that range between 10 – 14°C

MASSIVE ELEVATION GAINS

Most bike courses are pretty challenging with mayor climbs that will take your breath away

TRAIL RUNNING

Get ready to take your back pack and trail running shoes. Running over the edge of mountains and through forest trails is part of the aventure

ICONIC LANDSCAPES

Xtreme Triathlons will take you to the most incredible locations of the world. From Norway, to Pagatonia, European Alps and Hymalayas.



Registration Process

Only 250 - 300 athletes will be starting on race day. If you want to be part of one of these races you first need to enter a Lottery. Races like Norseman and Swissman have a very High Enrollment demand, so it's very hard to get a slot. E.g, Every year more than 3000 people register for Norseman Lottery. The chances of getting a slot are very low. If you get a the slot, you have a limited time to pay for the final registration.



Support Crew



Minimum Support is given on race day by the organization. So it's mandatory to get a support team to accompany you during the race. They will be in charge of providing nutrition, safety and overall giving you mental strength for the whole day. This is one of the key elements that gives Extreme Races the unique signature.

Race Manual

These events are exclusive and have special rules. Every one of them has a Race Manual which provides the essential information of Equipment, Safety, Course Description and Rules for the Athlete and Support Crew. Before entering the Lottery, be sure to cover the Race Manual to have a look to what you will get into.

Training and Preparation

Most of these events require swimming in cold waters. Getting used to cold temperatures requires physical but also mental training. Gear selection will be very important.

Equally challenging will be the elevation gains for the bike and run legs. It will be advisable in some races to even use a road bike instead of a TT bike. Either way, strong legs will be needed. A good training program that reinforces solid strength work is absolutely important. Not only for the bike but also for the running. Be sure to make your runs on trails and hills too.



Beyond Performance

Yes, it's a race. But the primary goal here is getting to the finish line. The forces of nature will work with you or against you and you should be prepared for all cases. Unlike other Triathlon races, the Finisher Shirt will have a special meaning to you.





Extreme triathlons will take you to remote places in the world. Places where the beauty and raw of nature will add an extra value to the whole experience. I guarantee you will get unforgettable memories.

With all that said, take a deep breath and let's sign in!

If you would like to learn more about Xtreme Triathlons or need help with your training, send me an e-mail to:

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