

# 'HOW I BUILD MY BODY'

## Kimberley Morrison IRONMAN athlete

**Credentials:** 3 x IRONMAN 70.3 (Half IRONMAN) champion; 2nd fastest 100-mile Time Trial female GB athlete of all time; 26th in the IRONMAN World Championships 2019.

### CARDIO

'I typically train 25 hours a week, accumulating up to 25km in the pool, 400km cycling, and 80km running, with one rest day a week. The majority of my running and cycling is done outside, but I'm also using a Wattbike ([wattbike.com](http://wattbike.com)) to work on lifting my power threshold to race at a higher intensity. I do four pool

swims a week, and a couple more in my endless pool at home but, come summer, I love to swim in the North Sea. My strength is on the bike, but we still work hard to improve my cycling, as it's where you spend the most time during an IRONMAN ([ironman.com](http://ironman.com)). I'm motivated to get better across all three disciplines so I can be first out of the water, upfront on the bike, and not drop back on the run.'

### STRENGTH

'I see a personal trainer on Tuesday and Friday mornings, doing a combination of plyometrics, stability and strength work to keep me robust and injury free. Upper-body moves such as pull-ups help with swimming, quad exercises like Bulgarian split squats support my cycling, and glute, calf and ankle work aids my runs. I also do a core workout at home on



**'Plyometrics, stability and strength work to keep me robust. Upper-body moves such as pull-ups help with swimming, quad exercises like Bulgarian split squats support my cycling, and glute, calf and ankle work aids my runs'**

WORDS: Jo Elsworth



Kimberly's Alaskan Malamute comes with her on recovery runs



Kimberly trains for 25 hours a week, including 400km cycling

## VITAL KIT

'CEP Recovery Pro Tights (£119.99; [cepsports.co.uk](http://cepsports.co.uk)) are uniquely measured to fit to your body and give you compression exactly where your legs need it, helping to remove metabolic waste for fast recovery. I pop them on post-training or during travel when my legs need extra help to rejuvenate for the next training session. They're an essential recovery tool when I can't access my hot tub.'

## Why try triathlon?

- 'Check out British Triathlon ([britishtriathlon.org](http://britishtriathlon.org)) to find your local club and get tips, support and advice while making friends during sporting and social activities.'
- 'Many people are nervous to try triathlon as they're too scared to swim or take a bike out on the road. But when you jump in the water or ride out with other people, you can safely build your confidence to break down those barriers.'
- 'There's a triathlon distance for everyone. The Standard distance consists of a 1.5km swim, 40km cycle and 10km run, but the Sprint distance is half of that and the even shorter Super Sprint (300m, 7-10km, 2.5km) can be done in swimming pools to take away the fear of open water.'

a Thursday, Pilates with my mum on Wednesdays, and yoga post-training to help stave off tight hamstrings.'

## FUEL

'I don't monitor what I eat off-season, but come race season in April, I'll track all my energy in and energy out. I use Performance Chef ([performancchef.com](http://performancchef.com)) to analyse my training and give me meal ideas, all broken down into calories and macros so that I can make easy decisions on how to get all the carbs, protein and healthy fats that I need. I always cook from scratch using local sources, with lots of fresh fruit, vegetables, meat and fish.'

## SUPPORT

'I wouldn't be where I am without the support of my husband, my family, my coach and my Alaskan Malamute dog who comes on recovery runs with me. Triathlon can be a lonely sport, so I go out for a three- to four-hour group ride on Sundays and I join in with a local Park Run on alternate Saturday mornings. I'm also very grateful to my sponsors such as Scott Bikes ([scott-sports.com](http://scott-sports.com)) and Endura ([endurasport.com](http://endurasport.com)) for race kit; they motivate me to be the best, and I also rely heavily on my Jacuzzi home hot tub ([jacuzzi.co.uk](http://jacuzzi.co.uk)) for recovery and heat-adaptation sessions.'