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HOW TO BE AN IRONMAN

A new book aims to provide budding endurance athletes with the secrets to success in attempting an Ironman triathlon. The book, published by Ecademy Press, covers everything from starting training to post-race recovery, and is available from most good bookshops.

Rhys Chong completed his first Ironman—which involves a 2.4-mile swim, 112-mile bike ride and a marathon run—in an impressive 12 hours 55 minutes.

The 39-year-old New Zealander, who works as a physiotherapist in London, spent just a year training and his book, called *First Time Ironman*, details the highs and lows of preparing to take on one of sport's ultimate challenges. "I wanted to share my journey, so first-time athletes like myself could get a preview of what training and racing an Ironman is like," says Chong.

FIRST TIME IRONMAN



RHYS CHONG



GET FIT OR GET SHOT

Forget miracle diets and gastric bands, there's a new innovation in the battle against obesity. UKPaintball have announced what is thought to be the world's first ever fitness class based around paintball at their centres all across the country.

According to the company, participants can expect to burn 800-1,000 calories per two-hour session as they dodge paintballs while running an assault course. "Often, all people need to start an exercise regime is a little encouragement," said a UKPaintball spokesman. "What better motivation is there than being shot at?"

During sessions, teams of staff will "encourage" participants to keep going by firing paintballs at them as they run by. The normally cluttered courses will be cleared of oil drums, tyre walls and other cover, leaving participants with nothing substantial to cower behind. "Players will have to hide behind trees, which are unlikely to cover their body," said the spokesman. "There will be several shooters in place so it's unlikely anyone will be in a safe area for very long."

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