

4w ago - Written by Nick Busca

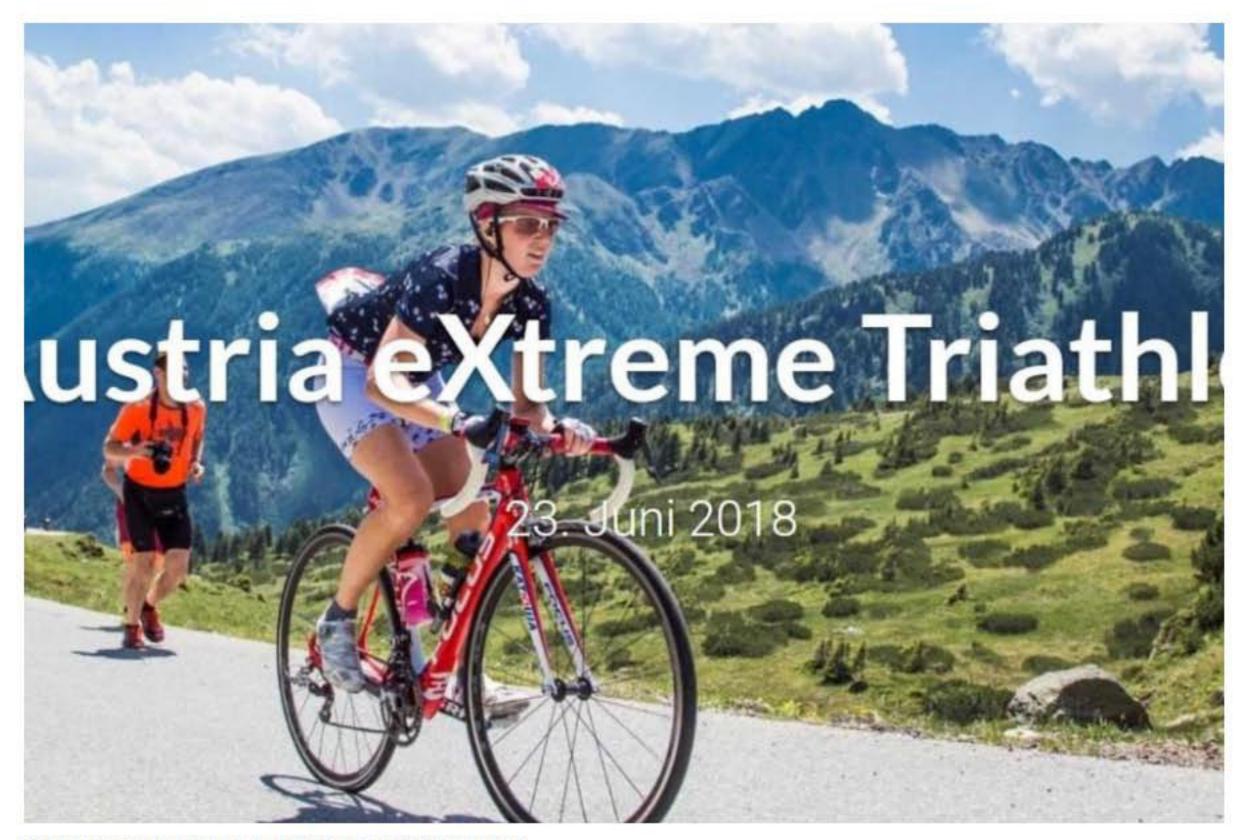
You'll need nerves of steel and the fitness levels of a Greek God to take on these events. Seasoned tri athlete Nick Busca introduces the hardest Iron-races on earth.

As a triathlete, finishing an Ironman is a huge achievement. But as soon as you cross the finish line – or at least once all the pain and fatigue have gone – you may ask yourself, 'So, what's next?"

Many endurance athletes are always in search of something else, something new, something harder. A new race, a new discipline, another Ironman – or even an ultra-triathlon: a race that stretches the half and full Iron distance over the dramatic setup of a mountain range.

Here are the hardest Iron-races on the planet. Be prepared though. If you'll take one of these as your next one, both the training and the fight will be brutal.

7. Austria Extreme Triathlon, Austria



The land of Arnie offers one of the hardest triathlons going

@ AUSTRIA EXTREME TRIATHLON

When: June 2018

The Austria 'eXtreme' has joined the ultra calendar in 2016 and takes place in the Styrian region around Graz. It has a pretty high median time (15 hours 31) and includes a river swim in the Mur (14°C with 2,000 meters downstream and 1,800 upstream), 3,923 meters of vertical gain on the bike and 1,863 on the run. It's just a slog, a beautiful, beautiful slog.

Fancy some social motivation? Click below to see the UK's best tri clubs