



# The 7 toughest triathlons on the planet

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**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

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**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**