



Can't Sleep, Can't Train, Can't Stop: More Misadventures in Triathlon

Andy Holgate

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Continuing Andy's inspirational journey from where *Can't Swim, Can't Ride, Can't Run* left off, a chronicle of his attempt to complete two Ironman triathlons six weeks apart

A 2.4-mile swim, a 112-mile bike ride, and a 26.2-mile run make the Ironman triathlon one of the hardest one-day endurance challenges on the planet. Now take those events and transfer them to a volcanic rock with cruel winds, searing sun, rough seas, and nosebleed-inducing hills, and you have Ironman Lanzarote. *Why, then, would Andy Holgate—who admittedly has never swum in the sea, who can't cope with the wind, sun, or even stairs—take on such an extreme challenge? Simple: because he can. Already in his 40th year, would Andy make it to his 41st? Would Lanzarote prove one triathlon too far—or will Andy succeed against the odds and live to swim, ride, and run another day?*

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