

Are Extreme Weeks not yet world famous

SUCCESS GUIDE TO MULTISPORT

...don't be afraid

Be sure to carefully study this road map towards victorious living. Once you master the killer tactics there is no turning back, no surrender, no remorse - only happiness and good times along the way!

areextreme.se



define tactics

how fast are you really?
i mean... really? calculate pace in advance
but don't hold back. set new limits

make sure your gear is functional
if not - adnature.com/AEW
wtf, it's only a couple of hours

#areextreme + areextreme.se (for info)

keep track of time
use wrist watch. left or right arm. all is cool

energy is life

keep track of power outlet and intake
competitors that skip nutrition will not succeed
don't be a dumb dumb!
bring energy and gel bars to finish looking fresh
eat regularly but responsibly. don't shit your lycra pants

Stay focused - **no matter what you do**

#1 don't rock the boat. save rock for party

#2 smile, you're in a beautiful place

#3 stay on course

#4 attach a strap between paddle and life vest.

running up hill

bring trailrunning shoes. otherwise u might slip
practice running downhill
don't forget - laughing is living

fast forward

haul ass! glory awaits
don't go too fast. need to keep going all the way
keep your gear in mint condition.

mountain bike

well... last leg. haul ass, but...
BONK ALERT! do not neglect energy intake.

good times

love eachother before and after race
save energy to rule at after party
help your buddies on course if needed
do not forget to smile at race director

transitions

good times is a way of life
take a peek at the transition zones
and that's all i have to say about that...
plan your transitions carefully

paddling

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When you feel confident enough be sure to go to areextreme.se to secure your spot in the upcoming events. Choose from one or two of the AEW Race Tour or check in at the main event held in Åre, Sweden this summer.