

The Ultimate Triathlon



#morocco2monaco

In November 2015 Australian endurance adventurer Luke Tyburski embarked on his 'Ultimate Triathlon' - a 2000km swim, cycle and run from Morocco to Monaco in 12 days. What he endured and overcame was far more than he expected...



Luke is a highly driven and motivated individual, who follows his mantra "*live life everyday*." He wanted to create a unique challenge, not only testing himself physically and mentally, but to also inspire others around the globe to live their own lives every single day. He aims to install belief - helping individuals, corporations, and teams realise they're capable of achieving so much more than they think, regardless of what they are up against.

Luke pushed his limits and well beyond, every day on this never before attempted Ultimate Triathlon adventure. He had to overcome numerous setbacks, challenges, and not to mention physical ailments. He encountered a last minute course change to his cross-continental swim, an enforced rest day due to (quite literally) passing out from complete exhaustion numerous times, a restructured route, and several muscle tears; none of which stopped him. He adapted, persevered, and gritted his teeth during every single day to achieve his goal of arriving in Monaco 12 days and 2000 kilometres from the beginning of his journey.

During The Ultimate Triathlon, just like in life, things didn't always go to plan.

Luke showed that no matter who you are, or what life throws your way, no challenge is too big to take on, and that we can all achieve what at times may feel like the unachievable.

In the face of adversity he adapted, stayed focused on his goal, and did everything in his power to achieve it. Through this experience, he saw a glimpse of his true potential.

With pure clarity of his vision, a willingness to adapt and persevere, and a lot of hard work, Luke was able to complete what he set out to achieve, while constantly being out of his comfort zone.

Luke now wants to share the tools he refined during his journey, and help others to set their own goals with clarity, and install an understanding of how to persevere when things don't go as planned with an ability to adapt to any situation which may arise.

Morocco to Monaco: The Event

On day one - Luke swam 25 kilometres from Spain to Morocco, before cycling 100 kilometres the same day.

The following four days he accumulated over 1200 kilometres on his bike while following the Spanish southeastern coastline to France. He ended up on busy motorways, had brushes with the law, and battled extreme fatigue while falling into an unconscious state while still on his bike, all with a tear in his hamstring.

Luke then attempted to run the equivalent of 14 marathons in six days, but he was slowed to a hobble on day three of the run, unable to continue due to a severe quadriceps tear; but he did not give up!

He adapted, and found a solution to his problem; he would cycle (using one leg) the remaining 400 kilometres over three days to arrive in Monaco after 12 painful days.

An independent film company, Fizzle Media, filmed Luke every day. A documentary about this ultra endurance challenge will be out in 2016.

The Route



How Luke did it

Swim: 25 kilometres

Cycle: 1310 kilometres

Run: 136 kilometres

Cycle: 415 kilometres

1886 kilometres

in just 12 days

About Luke Tyburski

Born and bred in Australia, from an early age Luke pursued a professional soccer career, which took him around the world. Playing in his homeland, The U.S.A., Belgium, and UK he had success but also enjoyed experiencing different cultures and new surroundings wherever the sport took him.

Injuries finally ended Luke's football career, and consequently triggered a battle with depression, but Luke discovered a lifeline in endurance sports. Luke now openly shares how he has overcome his own issues and the role of his endurance endeavors help his ongoing rehabilitation process. Luke is a first hand illustration of what is capable through goal setting, persevering when things don't go to plan, and always believing in yourself.

In 2012 Luke competed in the Marathon des Sables, a 250 kilometre, six stage self-sufficient foot race through the Sahara desert, this was not only Luke's first race of any kind but the beginning of a new path.

Luke has since spent time in Nepal, living with some of the countries elite trail runners and their families while learning how they train, eat, and survive. He then competed in the **Everest Ultra Marathon**. Continually wanting to learn new skills, Luke cycled over 400 kilometres in a day to the UK's South West coastline from London, to simply learn how to surf the following day.

Always looking for new adventures, Luke found himself running for survival through a Chinese forest when he ran out of food and water with a plane to catch. In 2014 Luke became a triathlete by crossing the finishing line of the **Double Brutal Extreme Triathlon** after 35 hours in the 465 kilometre race through the hills of Snowdonia National Park

With a passion for health & wellness, Luke uses experience and his education to teach and train others who wish to achieve their nutritional, fitness, and life goals.

Luke focuses on eating only real food and a balance between training and the rest of life.

Recently, Luke's exposure has spread across the globe, being interviewed by author, fellow ultra endurance athlete, and health & wellness advocate Rich Roll on his highly successful podcast.

He writes, and has been featured in numerous magazines throughout the UK, U.S.A, and online.

Wanting to spread his love for life and living, Luke's been commissioned to speak at schools, corporations, seminars, and conferences around the world as a motivational speaker.



"When reaching your limits, it's only there where you'll catch a glimpse of your true potential!"

Luke Tyburski, Endurance Adventurer

Press Enquiries

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