



Art and Science of Triathlon

Ironman Training “Making Ironman a Normal Day”





Making of a Great Ironman

- A great Ironman race occurs when the sum of an athlete's physical and emotional preparation is as great or greater than the need to accomplish their goal
- Physical training alone is not enough to do create this critical point
- Mental training alone is not enough to create this critical point



Make Ironman Day Seem “Normal”.

- Training the mind to perceive the Ironman as just another day
- Training the physiologically to perceive the race as low stress
- Both of these are achieved by over-stressing in training



What Makes a Great Ironman?

Three Core Competencies

- Physical Training-
 - Base, speed, strength and taper
- Nutrition-
 - Calorie source, fluid replacement, electrolyte balance
- Mindset
 - Empowering focus, positive imagery, dealing with challenge and the unexpected



What Makes a Great Ironman?

Core Training Elements

- Base
 - Weekly Endurance workout in each sport
- Speed
 - Weekly Tempo (then later speed) workout in each sport
- Strength Training
 - Most underestimated tool for endurance
- Taper
 - A four week race peak



Overview Training Theory

Two Theories on How to Build for an Ironman

- Determine final need for speed, then use that as baseline to start short, then extend it throughout the season
- Build an aerobic base, then add in fast training once that groundwork is built



Base

Developing Aerobic Fitness

- Aerobic capacity biggest factor in determining the final race result
- Build the size of the engine
- Requires patience that most athletes do not have



Maximum Aerobic Heart Rate

- Heart rate formula:
 - Step 1:
 - Take 180
 - Subtract your age. E.g. 40 Years Old
 $180 - 40 = 140$
 - Adjust this number based on your current level of fitness.



Correction Factors

- Make the following corrections:
 - Step 2:
 - If you don't work out or have extended illness, subtract 5 beats.
 - If you work out 2-3 times a week, leave the number as it is.
 - If you work out 4 or more times a week and have done so for a year or more, add 5 beats.
 - Step 3:

If you are

 - 55 years old or above OR
 - 25 years old or below

add 5 beats to the corrected number you now have.



How Long is a Base?

Base is Age Dependent

- Young athletes will max out their base in 1 to 3 months.
- Older athletes may take up to 6 months to max their base.



Weekly Long Workout

Discipline	How Much is Enough?
Swim	4,000 to 6,000 metres
Bike	5.5 to 7.5 hours 110 -150 miles or 175 - 240 kms
Run	2:50 to 3:10 hours 21-23 miles or 34 - 37 kms
Bricks	50 mins maximum 8 miles or 13 kms



How to ramp up the mileage

What is a safe progression?

Multiply by 1.17

- Example 3000m swim x 1.17 = 3500m swim
- Example 3-hour ride x 1.17 = 3:30 ride
- Example 90 minute run x 1.17 = 1:45 hour run

General Rule of Thumb:

Two weeks up build
followed by one down recovery.



Weekly Tempo

Discipline	How Much?
Swim	3,000 metres
Bike	1 to 2 hours
Run	1:00 to 1:20 hours



Speed

Why Speedwork for an Ironman?

- Need for speed in the race is minimal.
- Need for speed workouts to develop muscular systems is critical.
- Even at aerobic pace, if fast twitch is developed it can be used in an Ironman.
- Max of about 20-30 minutes total hard effort within the workout.



Strength

Strength Training for Ironman?

- This builds the muscular strength that is not stimulated during base training
- Is critical for having extra lean muscle to draw on when breakdown occurs in the race
- Extends the life of aging athletes and improves performance at all ages



The Taper

End of the Season Taper

- *Four weeks* for a proper Ironman taper at the end of a season
- Most people go *three weeks* max
- The worst taper is *two weeks*
- Draw a straight line down from peak, cutting *25% off* volume and distance



Run Taper

The longest run of the buildup pre-Ironman should end with 5 weeks to go to the race.

Example: Ironman 2010 is on October 9th. Longest Run workout and largest volume running week should end September 5th.



Bike Taper

The longest bike of the buildup pre-Ironman should end with 4 weeks to go to the race.

Example: Ironman 2010 is on October 9th. Longest Bike workout and largest volume cycling week should September 12th.



Swim Taper

The longest swim of the buildup pre-Ironman should end with 3 weeks to go to the race.

- Example: Ironman 2010 on October 9th. Longest Swim workout and largest volume swimming week should end September 19th.



Race Week

Keep it Low Stress

- Plan ahead
- Get all race gear together one month from race
- Arrive early
 - Takes 7 days for blood changes that help deal with heat.
 - Ideal - arrive at least 7 days before the race.



Race Week

Key Workouts

- *Wednesday (3 days out)* - light workout in each sport early in the day to deplete with a total workout time of about 2.5 hours.
- *Thursday (2 days out)* no working out.
- *Thursday (2 nights out) night* - most important night of sleep



Race Week

Key Workouts

- *Friday (day before race)* - easy workout in each sport:
 - Swim about 500m or 7-10 minutes
 - Bike about 30 minutes
 - Run about 12 minutes
 - Do all with 5x10 second pickups to activate system



Race Day

Pacing

- Build within each sport and within the day
- Heart rate ideally is about equal to aerobic max at least for swim and bike
- Pacing: should feel like a training day up to about 10 miles (16 kms) to go in the run, then let it rip!



Race Day

Nutrition

- You can absorb 300-400 ca/hour
- You can absorb 30-40 oz/hour
- Most absorbable fuel is glucose
- Most drinks are maltodextrin and fructose
- Nausea almost always related to backup of these two in stomach



Race Day

Nutrition- Troubleshooting in the Race

- If backup is happening, take in glucose
- If no glucose available, try Coke
- Take in sodium along with drink
- Most people need 350 mg/hour or more of sodium in heat, especially after three hours of racing



Race Day

Mindset

- Positive self talk lasts about three hours, then you are stuck with reality
- Most powerful mind space is quiet
- Practice this in every single workout



Race Day

Mindset

- Expect the Unexpected
- React with calm
- Suspend judgment of good or bad
- You will never know you are having the best race of your life until you are done
- There is no perfect race, only racing perfectly



Race Day

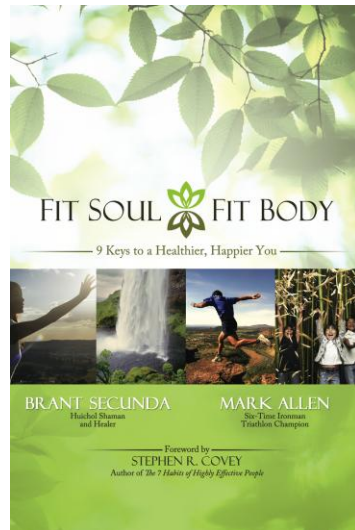
Mindset

Three Greatest Images

- Have three goals
- Know why this has meaning to you to try
- Regrouping is not giving up
- Put your finish line 100m past where everyone else will stop



Additional Support



FIT SOUL  FIT BODY

www.FitSoul-FitBody.com

MARK ALLEN ONLINE 
TRAIN SMART, GET RESULTS.

MARK ALLEN ONLINE.COM 