

Chapter 1 : Free 6-month Ironman Training Plan - Training plans - Triathlon

Ironman triathlons can be seriously tough; the km swim, 90km bike and 21km run offer a challenging day for athletes of any ability. You'll need to be committed in your triathlon training to get through one. The triathlon training plans below are designed for Ironman and cater for.

Training is all about preparing for race day but it also means adjusting life to support the training. Change, adjustment, choice—call it what you will but half Ironman training is a significant commitment and one that requires dedication and focus. This is serious stuff and one that really has been a lifestyle change. This realization came to me on a Friday night when I was happily getting ready for bed at 9: The author is a professional triathlete, Matt Lieto , and he includes important plan assumptions that I took seriously when I selected his plan but that recently started to hit home. For example, the plan is based on hours of training per week. By the halfway point in the schedule there are two days of double work-outs and one brick session as part of the plan. Monday is a rest day so the work-outs are done on the remaining six days of the week. I prefer morning work-outs but on the double days I need mornings and evenings to get everything done. This means I am usually starting my day around 5 a. It requires a support system shout-out to my awesome husband , family, and friends for this! It requires cutting out alcohol and sugar and making hard decisions like going for a run instead of to happy hour on a Friday night. Regardless of the plan you choose, one important factor is having a base built before you start training. In my case, I signed up for the Amica Ironman I then researched training plans and settled on the 20 week schedule which had me starting at the end of February. From there I backed out the base building I would do. There are weeks where I have to shift work-outs to fit my schedule and in some cases I focus more on distance than on time. For example, the runs are scheduled according to time but I prefer to build distance and aim to reduce the time it takes to cover the mileage. I also signed up for a half marathon a month before the Video taken during March Madness weekend; very helpful for understanding what to work on. With regard to swimming, the plan suggests lots of intervals and drills versus straight yardage which makes sense to me. The rest of my swims are a variety of routines that I made up and that vary from yards in intervals. I know I should be doing more stroke and kick drills but in honesty I only do about yards of drills each time. However, I always focus on my stroke and on improving overall efficiency and I believe that is proving effective. Soon, open water swims will be a regular part of the routine and I look forward to seeing how my work in the pool translates to open water and to swimming with a wetsuit. I knew going into training that biking would be my weakest link. For this reason I joined my local triathlon club so that I could take advantage of their group rides and the knowledge of more experienced bikers and triathletes. Many of the training plan rides are to include hills and race pace sessions. The hills are easier to accomplish when I ride with the group simply because they have routes already mapped out that are designed for these kind of work-outs. Maintaining a faster cadence on straight stretches Powering through headwinds and crosswinds Understanding what gear combinations are most efficient Building strength to surge up hills and best way to do so staying seated, putting weight back on bike, standing, etc Learning to draft not allowed in races but helpful to understand on group rides Figuring out when to fuel up and how much water to drink usually take a Gu 60 minutes into a ride but experimenting with this In addition to getting through the work-outs, I believe diet is my next big focus of triathlon training, and gear is probably next in line. I am hungry all of the time. My trusty Cannondale that I plan to soon equip with aero bars. Triathlon gear is its own category as well. I spend a lot of time on bike rides thinking about race day gear and transitions. I have limited tri gear right now and my goal is to ask other triathletes lots of questions, read lots of information and reviews , and really think through what my best gear options will be. So if you have any opinions on tri tops, tri shoes, aero bars, and fuel Hammer, Gu, Clif, etc do share! Training for this It is a personal challenge and I am soaking up as much of it as I can, learning as much as I can, training as hard as I can. Because on race day, it is all about what I did to prepare.

Chapter 2 : Can I Do a Triathlon? | ACTIVE

Ironman training plan for women Want to race an Ironman next season and looking for a training plan designed for women? Try this sample session that covers off the first four weeks of base training, courtesy of Poppy Sports Training.

Sign up and get training with this no-frills plan. Before you begin your build up, take stock of why you want to do the race. Is it one of those bucket list occasions, "compete to complete" so to speak? These considerations will help you manage your expectations and take regular reality checks as you make your way through the 16 weeks. Find and purchase the right plan for you at Training Peaks. When planning your program, remember the following tips: Two sessions per discipline per week is adequate ie: Weeks 16 to 13 from race day Swim: This is where the intensity will come in the first half of the program, focusing on base and strength over three rides each week: Steady ride below race pace: Building 3 to 4 hours Run: Aim for at least one run off the bike each week and try to vary the terrain to keep things interesting. Trail running is good. Weeks 12 to 9 Swim: Much the same as for weeks 16 to 13, but make the most of swimming with others, especially in open water. Stick to the same three sessions as weeks 16 to 13, but build the long ride to four hours. Practice race day nutrition over these four weeks If using power or heart rate to gauge your progress, remember to perform the above reality checks Run: Endurance with strength focus. Add hill reps into a session: Continue with three sessions Open water swim: Same as for weeks 12 to 9 Weeks 4 to 1 These last few weeks focus on race specifics within all three disciplines. Swim Make your key session part of your race simulation Open water swim practicing race start, sighting and exit Other two sessions: If using a power meter on the bike, make sure your FTP functional threshold pace is accurate. Elite age groupers and pros can ride slightly higher. Be conservative rather than aggressive to ensure a good run. Your bike max will be about 10 beats lower than your run max. On the bike, conditions can play a massive role in speed at any given time. On the run set an upper speed limit of 90 percent of your current fresh 10k time. Practice, practice, practice nutritionâ€”use whatever works for you! Keep your expectations in check throughout and remember to have fun.

Chapter 3 : 4 Months to IRONMAN - IRONMAN Official Site | IRONMAN triathlon &

I purchased your Masters training plan from Training Peaks and followed the plan to race Ironman Timberman last weekend. The plan worked well for me and this was the first time I have raced without a personal coach.

Please see our FAQ or contact us for more information. Your training plans brought the structure and rigor I needed to accomplish my goals. The training plan combined with the 1 hour of consulting you provided was very helpful. I just thought I would give you some feedback on your product and service. This past weekend was the Ironman I beat my goal and my stretch goal. My finish time was 5: Not bad for being my first ever triathlon. This was my second plan I purchased from you and I have been very happy with the programs. The programs are very doable for a working mom and I finished 20 minutes faster at Santa Rosa. Wanted to give you some feedback on your The conditions for this race were some of the most brutal in recent memory with a swim that had a fairly strong current and a run course where temperatures soared to degrees! In the end, I had a very successful race and came in with a time of 4: I also appreciated your feedback during the training. I was able to swim longer distances without tiring, became strong enough on the bike to negotiate the hilly Camp Pendleton course I live in flat Miami, and put in a solid half marathon the day of the event. Thanks, David for taking me from start to finish! This was my first IM This was my first half. I figured I would finish around 6: In the back of my mind I really wanted to break 6, but did not think it was realistic. Woke up Sunday and 5: I will be back! I purchased one of your training plans for my first I just raced the Honu Hawaii Half Ironman and made it all the way through something I never thought I would have been able to do. Not only was it my first Ironman Half, it was my first triathlon. All I can say is the plan worked out well for me. Your training plan and resources on your website have made a big difference in my training. Especially the run workouts definitely the bricks! My goal time was under 5 hours and my previous best for Hawaii was 5: I finished in 5: Yesterday, I had my happiest day in my sports life! I completed a Thanks to your plans I also finished 5 sprints and 1 international the fun Luray tri something most importantly without any injuries. The training plan Krista put together absolutely got me ready I was really pleased with my performance for the swim and bike, and survived the run despite unexpected and extremely hot temperatures for our region. Krista was also very quick to respond to any questions I had. The race this past Sunday was incredible! The swim was about 8 min faster, the bike was about 20 min faster and the real surprise was the run. Because my legs were so much better conditioned that when I got to the run, I was able to run at a pretty decent pace! Overall, I had a great experience and you played a big part in that. Thanks for helping to make that possible! You have my sincere gratitude for your helpful feedback, guidance and of course your stellar training plan that was instrumental for me to reach my goal! All I have to say is that your plan worked!! I finished and am quite pleased. Felt very good afterwards as well. Thanks for your training program and for the email support. I felt physically ready for this distance. Just had to work on pre-race stress since this was my first I saw so many expensive tri bikes and guys wearing Ironman jerseys in addition to cold temps to start, that I had to focus on staying with my game plan and it worked! Tom Williams Oilman Half All of the advice you gave me was hugely helpful with my preparation for my My overall time was a little longer than where I was at for my pre-race testing, but race conditions were less than ideal low 50s and rain for 3 hours during the bike ride. Regardless of the conditions, it was a great race in a beautiful area and, thanks to your protocol, my fitness was solid so I felt strong and prepared! I enjoyed all the training and the race was a big payoff for my hard work and commitment to your plan. The plan worked well for me and this was the first time I have raced without a personal coach. I enjoyed the workouts and found the time commitment right for me. I felt well prepared and raced well. The additional articles and videos are very helpful and for me this is a great way to structure my training. Because of this, I truly enjoyed the race. Again, I think it was because your training schedule had me in good shape. Total time was 5: Swim was 36, bike was 2: Krista helped me understand why nutrition was so important and helped me develop a better understanding for what my body needs during training and training. There was no way I could have done this without your help, appreciate it! I completed my first I will definitely use you plans for future races of all lengths.

Chapter 4 : What is Training? Half Ironman Training Plan & Observations

PURPOSE: This is a beginner to intermediate level 20 week (plus 4 week recovery) Half Ironman Distance training plan intended for use by the age group triathlete. Training time ranges from 7 hours up to 12 hours of weekly training.

A half iron distance race is defined as: As you look through the workouts each week, make any adjustments in length or intensity to fit your needs. This half Ironman plan covers many weeks of challenging, but attainable training for someone who has some endurance experience, and ideally some Olympic distance races within the past season. This plan is also ideal if you have completed a half Ironman last season on minimal training and wish to improve while keeping a reasonable number of training hours. While this article lists specific daily workouts, I realize that every athlete has specific strengths, weaknesses, available hours, and other restrictions. Hopefully, you can adjust this plan to fit you well enough. If not, you might want to find a local coach to fit a plan to match your specifics. You have years of recent experience in endurance sports and your ability is relatively equal in swimming, cycling, and running. Even if you have a goal "just to finish" and you have limited hours available per week, you would still rather finish in 5. This preparation plan covers 20 weeks. The concept of periodization is employed to first develop general endurance and "neuro speed" and then to progress into race-specific abilities. Most periods are 4 weeks long-3 weeks of increased training, then 1 week of recovery. The plan includes hours each week of training. Physical training comes from mostly short sessions but days per week with workouts per day. There are no secrets in these workouts, just consistent work and a few changeups to keep the training fresh and interesting. I recommend doing shorter multisport and single sport races in preparation for a half Ironman. Best choices to schedule these at the end of week 2 or 3 in each period, taking full advantage of the coming recovery week. No gym strength sessions are planned. I love the gym, but for the number of hours available per week in this plan, I feel much better race results come from spending time in the water, roads, and trails than in the gym. Workouts will be planned to develop sport specific strength during normal training. If you plan to do gym strength work, it should only come by adding onto the existing schedule-not easy to fit in for most of us. Your race finish times depend on much more than just training. The PDF files show all the detailed workouts for each week.

Chapter 5 : Ironman Training Plan: 6 Weeks To Race Day | TriRadar

A 14 week training plan for a triathlete looking to do their first or second Mile Triathlon - 14 Weeks of Quality | Marek Skoczen A 14 week training plan using heart rate zones and maximizing the weekly calendar for training opportunity.

Matt Fitzgerald provides a simple-to-follow 16 week training plan for the half Ironman distance. Variety is overrated in triathlon training. There are only a handful of workout types that you need to include in your training program. You can practice these basic types of workouts in all kinds of different ways, and doing so may make the training process more interesting for you, but there is no particular physiological advantage of complex training compared to basic training. I favor simple training plans for a few reasons. First, I find them to be less mentally stressful than complex training plans. Why make your training so complex that it is unnecessarily mentally taxing in addition to being necessarily physically taxing? Second, the results of a very basic, and highly repetitive, training plan are predictable, and predictability of effects is a major virtue in a training plan. You can make apples-to-apples comparisons of your performance in difference instances of the same workout, whereas such comparisons are more difficult when you never do the same workout twice. This is important, because seeing progress inspires future progress. Of course, a training plan has to have some variation. First, the overall workload has to increase as it goes along. Second, the key workouts must become more race-specific. The following is a super simple week training plan for half-iron-distance racing. You will find the workout descriptions self-explanatory for the most part, but the intensity and pacing guidelines require some explanation. Bike 40 minutes moderate with 4 x second sprints scattered. Swim yards total. Bike 40 minutes moderate. Run 4 miles moderate. Bike 20 miles moderate. Run 6 miles moderate. Swim yards moderate. Bike 40 minutes moderate with 6 x second sprints scattered. Bike 25 miles moderate. Run 7 miles moderate. Swim 1, yards moderate. Bike 40 minutes with 8 x second sprints scattered. Bike 30 miles moderate. Run 8 miles moderate. Week 4 Recovery Monday: Bike 40 minutes with 6 x second sprints scattered. Bike 45 minutes with 8 x 1-minute hard efforts scattered. Swim 1, yards total. Run 9 miles moderate. Bike 45 minutes with 6 x 2-minute hard efforts scattered. Bike 40 miles moderate. Run 10 miles moderate. Bike 45 minutes with 4 x 3-minute hard efforts scattered. Run 11 miles moderate. Week 8 Recovery Monday: Bike 40 minutes with 6 x 1-minute hard efforts scattered. Bike 35 miles moderate. Bike 50 minutes with 6 x 2-minute hard efforts scattered. Run 1 mile easy, 8 x m at 5K race pace with m jog recoveries, 1 mile easy. Run 12 miles moderate. Swim 2, yards moderate. Bike 50 minutes with 5 x 3-minute hard efforts scattered. Run 1 mile easy, 6 x m at 5K race pace with m jog recoveries, 1 mile easy. Bike 55 miles moderate. Run 13 miles moderate. Swim 2, yards total. Bike 55 minutes with 4 x 4-minute hard efforts scattered. Run 1 mile easy, 5 x 1,m at 5K race pace with m jog recoveries, 1 mile easy. Run 14 miles moderate. Week 12 Recovery Monday: Bike 45 minutes with 5 x 2-minute hard efforts scattered. Run 2 miles easy, 1 miles at 10K race pace, 2 miles easy. Run 5 miles moderate. Bike 45 miles moderate. Bike 20 minutes easy, 20 minutes comfortably hard, 20 minutes easy. Run 2 miles easy, 2 miles at 10K race pace, 2 miles easy. Bike 20 minutes easy, 25 minutes comfortably hard, 15 minutes easy. Run 2 miles easy, 3 miles at 10K race pace, 2 miles easy. Bike 15 minutes easy, 30 minutes comfortably hard, 15 minutes easy. Bike 10 minutes easy, 10 minutes comfortably hard, 10 minutes easy. Run 2 miles easy, 1 mile at 10K race pace, 2 miles easy. Bike 45 minutes with 5 x second sprints scattered. Run 3 miles easy. Swim 10 minutes easy with 4 x 30 seconds at race pace. Bike 10 minutes with 4 x 30 seconds fast. Run 10 minutes with 4 x 20 seconds at 90 percent effort.

Chapter 6 : The No-Fade Run Triathlon Training Plan â€™ Triathlete

Super Simple Ironman Triathlon Training Plan By racedaydvl.com Published Sep 3, Updated Mar 25, at PM UTC Jump into a half Ironman with Matt Fitzgerald's easy to follow training plan.

With more than 20 years of experience in the fitness industry, she coaches cycling and running and teaches Pilates and yoga. A man on his bicycle during a half-Ironman competition. You can find free half-Ironman training plans on the internet and in books -- some of which may work for you. When evaluating these plans, consider the source, your schedule, your fitness level, your desire, your experience and your ability to recover. Look for plans from credible sources, such as U. Narrow down your goals for the race and choose a plan that helps you meet this goal. Half-Ironman plans, even free ones, will usually say whether they intend to help you to simply finish, to come in under a specific time or to earn a personal best. No plan guarantees that you will reach that goal, however. The choice you make depends on your experience level. If you are already in good shape and have raced several triathlons, you can get away with a shorter plan. Beginners usually need a longer prep time. You should also evaluate the training load each week. Determine if your life schedule and body can handle the demands of a particular plan. Some plans call for over a dozen hours a week of training, while others call for under If you have a demanding job and a busy family life, you might need to settle for a lower-volume plan. Some bodies thrive on shorter, intense training sessions. You have to know your body and what is best for you. You may have to make small changes so the plan will fit your personal needs and schedule. For example, if a plan calls for you to do a long run on Saturdays, but you work weekends, you may switch things around so you can do a long run on a weekday when you have more time. Avoid making huge changes to a plan, however, such as skipping entire weeks -- unless you are injured -- or doing 25 percent more work in a given week. Avoid jumping into plans midstream -- such as starting a week plan at week six. You may cause yourself injury by increasing your volume of training suddenly.

Chapter 7 : Ironman Training Plan for Beginners: 16 Week Plan â€™ Endurance Hour

When I design a training plan for athletes on a time budget, there are typically only two rides over three hours. In one of my ready-to-follow plans, the longest ride is at four hours. Many athletes have proven that it is possible to successfully complete a race with a finish time between six and seven hours, having no more than one.

Chapter 8 : Free Ironman Training Plans

Ironman Training Plan for Beginners: 16 Week Plan Join Ironman Certified Coach, 16x Ironman Finisher, 8x Kona Finisher, Wendy Mader and 5x Ironman Finisher, Dave Erickson for a professionally produced and guided 16 week multimedia training program.

Chapter 9 : Training Program for IM Waco - Dallas, TX | ACTIVE

A half Ironman is a big step-up from the standard Tri. It is definitely doable, you just have to race and train smarter. The first 12 weeks of the program is considered a base building phase gradually increasing mileage and yardage.