



The Method *Triathlon Training*

16-week 70.3 Triathlon
“Experienced” Training Plan

Sample file



ironguides

Partners & Discounts

Receive preferred pricing from our ironguides partners!



Use Preferred Pricing code **IGUIDEPLAN** for **15% Off** any product at <http://store.tptherapy.com/?Click=316>



Use Preferred Pricing code **IRONG20** for **20% Off** off all Xterra wetsuits at xterrawetsuits.com/products.html



Use Preferred Pricing code **ironguides OC10** for **10% Off** the revolutionary fueling mix at: genfuel.com/endurance/flavors.php
Note: 10% discount is applied after your purchase and will be credited to your Credit Card.



Use Preferred Pricing Code **IGUIDEPLAN** for **15% Off** any product at beakerconcepts.com



Use Preferred Pricing Code **VIEIGPlan** for **20% Off** any product at drvite.com



Use Discount Code **IGUIDEPLAN** for **20% Off** any product at <http://www.coffeesofhawaii.com/catalog>



Save up to \$2500 on a Kestrel bicycle using ironguides Preferred Pricing – for ironguides coached Athletes only!

Contact your ironguides Coach for more information.

Other products and services

ironguides provides more than “just the plan” – check it out!

ironguides Accelerated Program

Upgrade your ironguides Training Plan to our Accelerated Program and have an ironguides Coach in your area help you get the most out of your training with weekly coaching feedback.

Sprint Triathlon

\$125 upgrade cost for 6 weeks of weekly coaching

Olympic Triathlon

\$185 upgrade cost for 10 weeks of weekly coaching

70.3 / Half Ironman Triathlon

\$255 upgrade cost for 12 weeks of weekly coaching

Ironman Triathlon

\$295 upgrade cost for 16 weeks of weekly coaching

ironguides.net/multisport/coaching-accelerated.html

I've completed my ironguides Plan – now what?!

Congratulations! We hope that you Enjoyed Your Training and are ready to keep improving with our proven, effective approach to triathlon training!

\$39 /month *ironguides Online Subscription Plans**

* Minimum 12-week subscription, auto-renewing, cancel anytime

We've set up some easy-to-follow, cost effective Online Subscription programs you can sign up to and follow between plans, during the off season, or to work on your weakness or hone a strength.

Each program provides four weeks full Method training with simple, clear instructions. Currently available:

Beginner Triathlon
Swim Focus Triathlon
Bike Focus Triathlon
Run Focus Triathlon
Off Season Triathlon
12-week Post-Ironman Recovery
Balanced, Ongoing Triathlon

ironguides.net/subscribe.html

ironguides Custom Coaching

Loved our style and want to make the most out of your training time? Need a custom program and ongoing access to an ironguides coach?

Then try our Custom Coaching solutions! Each level of service provides you with an exclusive, unique and powerfully effective ironguides **Custom Training Plan**, with varying levels of coaching support.

From 190 USD per month!

ironguides.net/multisport.html

The Method

Triathlon Training

16-week 70.3 Triathlon
“Experienced Athlete” Training Plan

by Marc Becker,
Head Coach



Cover Photo: © Leland Black



www.ironguides.net
© 2009 ironguides

Sample file

Waiver

By ordering and receiving this triathlon plan, you recognize that, due to the endurance nature of the sport of triathlon, participation may result in personal injury to yourself. In undertaking the training on the following pages, you fully accept these risks. You also acknowledge that no physician has informed you that you are not fit to participate in triathlon training. In consideration of your acceptance of this triathlon training plan, you agree that ironguides, its directors, employees, volunteers, members, and sponsors shall not be liable for injuries or loss that you might suffer due to your participation. You agree not to hold liable, not to sue, and to hold harmless any and all persons, sponsors, volunteers, participants, or ironguides-affiliated persons for any and all claims or liabilities that by virtue of undertaking this training program you have waived, released or discharged herein. By undertaking this training program you acknowledge your acceptance of the above.

All rights reserved

This document is the intellectual property of ironguides.net and its authors. The information in this document is made available for the sole use of the person who has paid for its receipt. Ironguides retains copyright on all text and graphics in this document. This copyright is protected by United States copyright laws and international treaty provisions. You may store the file on your own computer for your own personal use, or print copies of the information for your own personal use. You are prohibited from modifying or re-using the text and graphics in this document, distributing the text and graphics in this document to others, or "mirroring" the information in this document in other media without the written permission of ironguides. All other rights reserved.

Assumptions

This triathlon training plan assumes that the participant can accomplish the following:

SWIM: Complete 50m of swimming using any stroke without stopping.

CYCLING: Complete 30 minutes of cycling without stopping.

RUN: Complete an easy 15-minute jog without stopping.

QUESTIONS

For any questions about this training plan, please visit the ironguides.net forum:

www.ironguides.net/forum

CONTENTS

| | |
|-----------------------------------------------------|-----------|
| Guidelines | 1 |
| Training Plan Guidelines _____ | 2 |
| Training Intensity Levels _____ | 5 |
| | |
| Weeks 1 – 4: Building a Routine | 9 |
| | |
| Weeks 5 – 8: “Toughening Your Constitution!” | 14 |
| | |
| Weeks 9 – 12: Learning to Endure! | 19 |
| | |
| Weeks 13 – 15: The Final Prep | 24 |
| | |
| Weeks 16 - 17: Taper and Recovery! | 29 |
| | |
| Appendix A Nutrition for Triathletes 101 | 33 |
| Eat like your life depends on it. _____ | 34 |
| Carbohydrates _____ | 35 |
| Fats _____ | 39 |
| Proteins _____ | 40 |
| Vitamins and Minerals _____ | 41 |
| Coffee, Tea and Other Pleasures _____ | 42 |
| Daily Requirements _____ | 42 |
| | |
| Appendix B Stress Management | 44 |
| Coping with Race Anxiety _____ | 45 |
| Stress Questionnaire _____ | 47 |

| | |
|------------------------------------------------|-----------|
| Appendix C Core Stability | 53 |
| Core Stability Exercises _____ | 54 |
| Appendix D Regeneration and Preparation | 57 |
| Regeneration and Preparation _____ | 59 |

Sample file

Sample file

Guidelines

Sample file

Training Plan Guidelines

Plan Structure

| | First workout | Second workout | Notes |
|--------|------------------------------------------------------------------------------------------------|----------------|-------|
| Monday | | | |
| Week 1 | Guidelines to ease into and build on each week of this new training plan or new training phase | | |
| Week 2 | | | |
| Week 3 | | | |
| Week 4 | | | |

Abbreviations and definitions

| | |
|------------------------|----------------------------------------------------------------------------------------------------------------------------|
| cadence | number of pedal strokes per leg, per minute, while cycling |
| stride rate | number of steps per leg, per minute, while running |
| stationary bike | any form of cycling apparatus that is stationary, such as a spin bike or your own bicycle set up on a wind (turbo) trainer |
| m | meters, as in 100m (one hundred meters) |
| min | minutes, as in 60min (sixty minutes) |
| sec | seconds, as in 120sec (one hundred twenty seconds) |
| pb | pull buoy swimming tool |
| TT | Time Trial effort (all out against the clock!) |
| w/u | warm-up |
| c/d | cool-down |

Training Progression

You'll see that your training plan adjusts moderately from one four-week period to the next, with guidelines for progressing during each four-week phase. This helps you build familiarity with your training structure and sessions and your responses to them, helping you to:

- **Improve motor skills:** By repeating certain specific sessions using widely available equipment, you program sport-specific motion into your muscle memory
- **Train concentration skills:** Repetition encourages you to develop greater levels of focus and concentration that will help you in racing and increase effectiveness of ensuing workouts
- **Develop intuitive understanding:** Develop your ability to literally feel how you are doing on any given day.
- **Better anticipate training:** A predictable, structured routine helps you organize and removes uncertainty from your program.
- **Track performance:** Your training sessions set your benchmarks – until you begin setting new ones at the races!
- **Accurately gauge fatigue:** By comparing your performance across familiar sessions, you can quickly determine if you are truly tired or perhaps fighting illness.
- **Build consistency:** By learning to accurately interpret your body's signals over time you can train more effectively and maintain your training consistency.

Weekly Order

Try to follow the order of the training sessions as they are set up in your plan. If you miss a workout consider it "lost" and carry on with the training as on your plan.

- Don't try to "plan ahead" and cram multiple days of training sessions into a few days because you know you won't have time later in the week.
- Avoid swapping sessions too often unless it can't be helped. If you're reasonably well rest or recovered and it means the difference between not training or training, then by all means swap the sessions. A rested body will benefit from training more than from not!

First Workout

Ideally this is your first workout of the day. If you cannot do this sport at this time of the day, then it's OK to flip the workouts. Remember: Work with what you have – this

ironguides *16-week 70.3 Triathlon Training Plan*

includes the daily routine available to you. The suggested order is optimal, but not mandatory!

Second Workout

Your second workout of the day – see comments above.

Training on tired days

On days you are unsure of how you feel (ie. you wake up or head out the door to train feeling unduly tired) – head out anyway and just go through the motions of training VERY easy for twenty minutes or so! Then make the decision to train or not using the following guidelines:

- If you feel better, try to do the scheduled session.
- If you feel the same (still tired, but not worse), do an easy session and adjust as indicated below.
- If you feel worse, pack in the session and head home.

Adjusting a workout

If you are feeling tired and have gone out the door to "test drive" your body and you don't feel better, but you don't feel worse – aim to lightly stimulate the System you are meant to train that day.

If for example the session calls for multiple repetitions of a longer duration at a high intensity, instead of stressing your aerobic system keep the intensity somewhat lower, and very short. You could opt to run multiple 20-second repeats instead of a session of 3-minute repeats, for example. This stimulates the fast twitch fibers and keeps that System engaged for the week, without unduly stressing your aerobic system that may be indicating a bit of overload to you.

Rest Days

Initially your training plan will have scheduled rest days. As you progress into your program, however, you will notice that there are less and less scheduled Rest Days.

Unless otherwise indicated, your rest days are to be taken when you really need them, or if circumstances demand it (such as a travel day, if you or a family member are ill, and other life events as they occur).

Training Intensity Levels

In this way you ensure more consistency and you rest when your body is really telling you to instead of when the plan says. No matter what anyone tells you, no training plan can predict the many factors in your life. If you really need a rest from training – *take it!*

Likewise, if the plan has a rest day scheduled and you feel good and want to head out for an easy training session – by all means do so! You're getting fitter – enjoy it!

IMPORTANT: In the final weeks of your program, however, make sure you follow the plan carefully and take the suggested Rest Days. This ensures you are optimally rested for your Key Race.

Training Intensity Levels

Training by The Method means your training intensities are structured by how they feel on any given day. However, you need to ensure that you ease into your training plan and that you don't train too hard. Making use of appropriate tools such as heart rate monitors and power meters can be an effective way to confirm your exertion rates – but don't let them override your natural intuition. It takes time and many repetitions of a program to learn your training and recovery limits and requirements.

The Method is based on decades of experience with all calibers of athletes, at the highest level of sport. The Method defines training intensities by how you feel – go ahead and use tools to quantify exertion levels if you find these helpful. But remember: The best heart rate monitor or power meter you will ever find is *you!* Most athletes take 4-6 weeks to tune into the signals and begin the process of interpreting and understanding their bodies and signals, and in this way avoid falling into the trap of a one-dimensional approach to their training.

The training intensity levels in The Method are simple to understand:

www.ironguides.net

- Easy
- Moderate
- Comfortably Uncomfortable
- Hard or Fast
- All Out!

EASY

Easy training means a comfortable, conversational pace. In the swim, strive to swim without strain, without tension and without regard for speed or pace. Simple "plunk...plunk...plunk" relaxed strokes. On the bike, keep the route flat, keep your resistance low and your cadence moderate, avoiding high muscle tension by grinding a very low gear or over-working the legs by over-spinning a high gear. On the run, a gentle jog, keeping stride rate up without reverting to a sluggish step. In general, a sustainable, "all day" pace.

MODERATE

A Moderate pace means that you need to start pushing a bit. This is a pace that starts to harness some strength in your swim stroke, your pedal stroke or your stride, but it doesn't feel hard. "Light and snappy" comes to mind, or "an easy lope" when running.

The pace is sustainable for long efforts. In the swim, you swim without pushing your aerobic system to strain. Swim at a pace that is sustainable for what is to you a long effort (for a proficient swimmer this might be an hour, for a new swimmer it might be five minutes) and with attention towards pace, without racing it.

Your breathing should be light enough that you easily recover for another effort within 10 seconds. On the bike, light pedaling at a pace you can sustain for many hours. Muscle tension is moderate and cadence is comfortable - if in a big gear, you are lightly creating higher muscle tension without fighting the gear. In an easy gear, you are pushing some

Training Intensity Levels

muscle tension at a cadence high enough to stimulate your breathing lightly. On the run, you are "feeling your oats" and stepping out of warm-up pace. You could comfortably run this for several hours.

COMFORTABLY UNCOMFORTABLE

Comfortably Uncomfortable means what it says. The effort does not feel like something you could sustain for very long, and yet training "in the here and now" you can keep at it without seeing the end of the effort. This could be roughly construed as what feels like pace you would race for what *you* is a long race – regardless of pace.

At the same time, it's not exactly pain free. You can sustain this pace for the foreseeable time, but your breathing is somewhat labored and conversation is definitely curtailed. You need to focus on the effort and on your form to maximize your pace. You are not pushing a pace where you need to notch it down – yet – nor do you feel like you would want to push it much faster, either.

It doesn't quite hurt, but you can handle it because it's going to end.

HARD or FAST

This is definitely uncomfortable! Generally you never push this hard except for very short, specific efforts, or occasional longer efforts that are *always shorter than race distance* or more sustained efforts late in a session when you are too tired to work yourself too hard.

You are going to be breathing hard, and yet there is a little left in the tank so it's not all out. In the swim, this might mean very short, very snappy efforts with lots of rest with your best possible form. On the bike, you are giving it all you have got under the circumstances: Generally, you'll see this description as "HARD" at the end of your long ride. In the run, this pace really hurts but is not all out. There is enough to complete all efforts in the session without "blowing up."

ironguides *16-week 70.3 Triathlon Training Plan*

ALL OUT!

This is a "give it all you got" effort! Maximal aerobic and muscular effort – override the circuitry that is yelling at you to stop. At the end of an All Out effort you should have nothing left to give.

In the swim, All Out means swim as fast as you can for the indicated duration. You pay less attention to form or technique. On the bike, you ride the effort as fast as you can for the duration. This pace hurts – intentionally. Your legs are at maximum tension, pushing the hardest gear possible for the duration. On the run, you are at maximum effort and you do not want to perform this effort again!

Sample file

Weeks 1 – 4: Building a Routine

Sample file

| | First workout | Second workout | Notes | |
|----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday | <p>SWIM</p> <p>w/u: 4x100m easy (15sec rest after each)</p> <p>3x the following (use pb + small paddles)</p> <p>[16x25m as</p> <ul style="list-style-type: none"> • First 3 are swum EASY (20sec rest) • Every 4th 25m effort ALL OUT (20sec rest) • After the 25's, swim 200m ALL OUT (no pull buoy or paddle) • Take 4min total rest (no swimming)] • Repeat the above as indicated <p>c/d: 4x 100m easy (with paddle/pb)</p> | OFF | <p>SWIM: This swim set will teach you to push hard while holding good form for the hard efforts. The rest is long enough to enable you to recover fully – the easy efforts should be swum VERY easy, the hard efforts ALL OUT (not "almost" all out!). Note that the short efforts and long rest are intentional - each effort should be truly your maximal for the distance. The rest is long enough so that you recover fully!!! Intervals are short to enable you to focus on technique during the easy efforts, and work all out on the hard efforts without breaking down too much.</p> | |
| | <p><i>Week 1</i> w/u + c/d + 2x [25's + 200m] (no paddles/pb)</p> <p><i>Week 2</i> Full session! (no paddles/pb)</p> <p><i>Week 3</i> Full session! (paddles/pb for one set)</p> <p><i>Week 4</i> Full session! (paddles/pb for one set)</p> | <p style="font-size: 48px; color: red; opacity: 0.5; transform: rotate(-45deg);">Sample file</p> | | |
| Tuesday | <p>BIKE</p> <p>On stationary bike, do:</p> <p>25min easy w/u</p> <p>15x POWER Intervals</p> <p>[1min at 40 cadence HARD RESISTANCE / with 1min VERY EASY recovery]</p> <p>10min EASY c/d</p> <p>Make each effort ALL OUT against VERY HIGH resistance! The cadence should be low (40-45 rpm per leg per minute) because you can't push any harder because the resistance is so high! We are aiming for rubbery legs.</p> | | OFF | <p>BIKE: You can also do this interval set on a steep hill, seated on your bike with a very gentle touch of the brakes to stop forward momentum. This session works your cycling-specific strength without stressing your aerobic system too hard – so it's important that you make each effort count! If you find your knees are sore after this, raise your bike seat slightly and ensure you use ice (see http://www.ironguides.net/news/9/94.html) and keep your muscles loose between sessions with gentle stretching and easy self-massage or a treatment from a masseur.</p> |
| | <p><i>Week 1</i> 45min moderate cycling on stationary or outside</p> <p><i>Week 2</i> 30min moderate bike + 10x POWER</p> <p><i>Week 3</i> 30min moderate bike + 15x POWER</p> <p><i>Week 4</i> 30min moderate bike + 20x POWER</p> | | | |

| | First workout | Second workout | Notes |
|------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Wednesday | <p>SWIM 40x50m, swum as:</p> <ul style="list-style-type: none"> • First 6 easy w/u • Last 6 easy c/d • The rest ALL SAME SPLIT (meaning: Start easy and hold the same pace for each) • Maximum SUSTAINABLE pace • NEVER burning lungs • Aiming for DEAD ARMS • Using small paddles + pb • 10sec rest after each <p>Don't aim to destroy yourself aerobically on these!! The point is to swim steady, not to set best times -- but to hold the best time that is sustainable for ALL of these, for the entire set!!! So the LAST 50m should be the same pace as the FIRST!!!</p> | <p>RUN 40min on a flat treadmill: 15min easy w/u 10x 30sec FAST AS POSSIBLE</p> <ul style="list-style-type: none"> • 60sec rest, standing off to the side (keep treadmill running) <p>20min easy c/d</p> | <p>SWIM: This steady aerobic set simulates a long swim effort, but gives you a little time to recover your stroke between each 50m effort. Same aerobic benefit as a straight swim! RUN: Training pure raw speed. Make sure you do this on a FLAT treadmill.</p> |
| <i>Week 1</i> | 20x50m, all easy | 30min easy run on treadmill | |
| <i>Week 2</i> | 30x50m, following instructions | w/u + 4 intervals + c/d | |
| <i>Week 3</i> | Full session! | w/u + 6 intervals + c/d | |
| <i>Week 4</i> | Full session! | w/u + 8 intervals + c/d | |
| Thursday | <p>BIKE 60min on road or stationary, as: 20min easy w/u 6x [3min HARD / 2min easy]</p> <ul style="list-style-type: none"> • Ride these in a big gear, cadence 65 • Easy gear for Recovery <p>10min easy c/d</p> | OFF | <p>BIKE: This is the solid effort that will train your race speed. Make it count – we'll build it up over the coming weeks!</p> |
| <i>Week 1</i> | 45min moderate cycling on stationary or outside | | |
| <i>Week 2</i> | 30min moderate bike + 3x INTERVALS | | |
| <i>Week 3</i> | Full session! | | |
| <i>Week 4</i> | Full session! | | |

Sample file