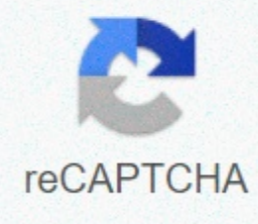




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## 140.6 training plan

Jump to plan ↓ Simply the idea of completing ironman® triathlon, could leave any normal person in awe. The thought of doing it yourself, no less after saying you thought long enough to be looking for a 1 year triathlon training plan, boarded up heroically. It's impossible for a lot of people. A feat so difficult and unimaginable, 99%+ of the world's population dare not even consider trying. But a long-course triathlon, like Ironman® not for the world's population. This is for a select few who possess the mental and physical toughness not only to show up on race day, but to persevere to the finish line. There's a bunch of training plans. Some who are 4 weeks long, others 16, but none who are truly focused on athletes who want to tackle the full triathlon for the first time. A training plan that doubles as a training plan for half a triathlon, and a full triathlon training plan for beginners, and experienced Olympic & half-moon triathletes, is long overdue, and it's time to have access to one unique to your situation. For those wondering how to train for ironman® triathlon, this training plan is your answer. 5 stages of triathlon training This training plan covers details: Acclimatization phase - Preparing your body for training Base phase - Building a basic endurance line in all 3 sports Construction phase - Constant increase in training volume and distance Peak phase - Safe hitting maximum mileage ahead of full taper race - Helping your body recover to be prepared for race day Each of the details around these stages is also accompanied by training mentality tips , time management, nutrition and nutrition and the often neglected category of strength training. Before diving into the details of the triathlon training schedule, you need to do several mental checks. I did mental checks, just send me straight to the training plan! Non-physical challenges of triathlon training To say that someone considering such an undertaking must be mentally difficult would be a gross and dramatic understatement. Anyone who has come this far in the phase of considering such an event, clearly shows some above-average level of mental strength. The ability to push through pain, the ability to convince your body is capable of something you firmly believe it is not, and so on. That kind of mental toughness won't send you to Ironman's ® Koni World Championship, although it may help you get to the starting line of your first race. A full-distance triathlon like ironman® triathlon can last up to 17 hours. It will take enough toll on you mentally, but it's 12 months before that day where the test really takes place. The time it takes to train for a full triathlon in 1 year Well, it should already say something that is hard to find A triathlon training plan for something like ironman® triathlons for less than a few years. The short answer to how long it takes to train for ironman® triathlon is... Well, a lot. Your training will consist anywhere from 10-25 hours a week, depending on where you are in the stages of training. Add those hours to your pre-existing 40-hour workweek, commuting, tasks, chores, family time and what little we call sleep adds up quickly. However, there are a few things you can do to reduce the burden on your daily life. Learn to wake up early There will be a lot of alarms at 4am during the year of training. With most training lasting 1-1.5 hours during the week, to get the first of 2 sessions before work, chances are you'll have to wake up earlier than you're used to. Take advantage of lunchtime If you work in a place that allows for some flexibility during lunch, use this time for something other than food! You can easily squeeze into an hour's running (+ shower) and then eat at your table later. Having a military routine after work After work is one of the hardest moments to practice. You have all sorts of things happening after work on any given day, so having a detailed routine where you can park your car and within 20 minutes being out the door for a bike ride or running will be a lifesaving rescue. Keep promises to your family Weekends will be almost harder than weekdays. Mainly because your sessions become much longer in time. In the peak weeks of training, you will find 5+ hours of cycling and 2-3+ hours of driving. If you can tell your family things like 'I'm all yours after 11:00, and get up early enough for this to happen, making plans & maintaining social life will be easier on you, and them. Get used to saying, No, I can't, I have to train. The reality of a one-year triathlon training schedule is that you'll have to say not much. Not for happy hours, staying up late, brunch, a vacation where you can't swim or ride a bike, etc. Getting buy-in from friends and family will go a long way to be able to focus on your workout. Integrate heating and cooling into your workouts Instead of taking a separate time to stretch and strengthen your muscles, try incorporating standard heating and cooling into your routines. During the year of training you will have to play defense against injury, and the 15-minute injury prevention routine attached to your main workouts can go a long way both in consolidating efforts, but also maintaining health for training. The diet required to train for triathlon One thing that will almost 100% happen when you train for something like ironman® triathlon, is that you will learn how much you can actually eat in one day. It will not be uncommon to burn 4-5,000(!) calories in one day, in order to maintain speed and avoid injury, you will need to enter more than that. The reality is that most people have no idea how many calories macros consume on a daily basis. Preparing for this type of workout, spend a few weeks meticulously monitoring your food intake using something like MyFitnessPal to get a sense of where you're currently standing. This will help you understand how much more you are likely to have to start consuming after starting training. There are dozens of articles you can find from dietitians and nutritionists about exactly what proportions you should have for carbohydrates vs proteins vs fats, but no matter what your percentage works, the key to this is to eat the right foods. Real food consists of nuts, seeds, meat, vegetables and fruits (mainly). It absolutely does not consist of anything containing processed sugar. A good rule of the rule is to shop on the outside of the store and avoid passages. If it has an expiration date of more than a few weeks, chances are you can afford to stay away from it. Processed foods will do nothing but slow you down (both physically and in recovery). The only exception to this would be high-quality protein powder that would be incorporated into the shakes before bedtime, or immediately after intense days of training. Also, it's time to get used to preparing meals. Using Sunday after a long run to prepare breakfast, lunches and dinners for the upcoming week will be a few well-spent hours. During the week when you rush home from work only to train immediately, the last thing you will want to do afterwards is to cook. It is much easier to grab pre-measured tupperware from the fridge and chow-down, then cook through hunger. In addition, preparing food will help you spend more time with your family, hobbies or simply relaxing during the week. Something you'll appreciate very much, even if he eats a weekend afternoon. 1 Annual Triathlon Training Plan This 43-page e-book includes strength training, nutrition guidance, injury prevention tips, a built-in training plan at half triathlon and more! Okay, now that we've covered how long it might take, as well as the general changes you'll need to make in your routine and diet, it's time to discuss what a 1-year workout schedule looks like for a full triathlon physically. This triathlon training plan is divided into 4 different stages: Acclimatization phase Phase of construction phases of the peak phase of each stage will contain swimming, cycling, running and strength training. You will also take into account that all these activities (with the exception of swimming and weight training) are measured in time, not distances. It's to protect yourself from A.) during training and B.) help you stick to your schedule so you can maintain some form of normal social life. Running specifically, will come with a volume limit. You will often see things like 1:00/8 miles, which means you'll run for an hour, or eight miles, whichever comes first. That way, if you're someone running at a pace below 12:30 p.m., don't overdo it remotely, and if you're running over the pace from 7:30 p.m., don't overtake the train in time. An exception to this will be the acclimatization phase, since the distances are much shorter. Integrated Olympic and semi-triathlon training plans There are even races for exercise programite in the plan. For example, in the middle stages, you will do an Olympic triathlon and half a triathlon (such as Ironman® 70.3®), which actually means that this training plan contains an Olympic triathlon training plan and a triathlon training plan. Both perfectly positioned so you're A.) properly trained for them, and B.) You can go to these races with an emphasis on gaining a good experience to prepare you even better for your race. Practicing races at different distances can make a big difference to your level of readiness for the real thing. During the Olympic long-distance triathlon, you will learn what it's like to race through transition, get to a line full of adrenaline and feel the burn of adding all 3 sports together. Spending what feels like the first 6 months of training for half a triathlon obviously requires some extra distance/time, and mental strength, but it also takes your Olympic experiences to the next level. More adrenaline, often bigger (more people) racing, more mental challenges and even further confirmation that your triathlon training has dramatically improved your fitness by this point. The training plan listed below is perfect for long half-track triathlons, those who want to train for Ironman® triathlon and/or Ironman® 70.3® triathlon races and even those who just dip their legs in the water (sorry.. full) of triathlon training. The first step of the plan begins, acclimatizing. Acclimatization Phase This phase is designed, simply to help your body get used to how this workout schedule will feel. If you're on the fence about whether or not you're signing up for a full distance three, like Ironman® triathlon, is something you can commit to, you can start here. It will show you what training 10 times a week will do on your schedule, but it will do so in a low volume of commitment time as if it will ease you in. This stage will also vary in length from person to person. This stage is designed to take you from your current fitness endurance level, to a basic fitness level that will serve as a great foundation as volume increases for the last 30 weeks of your trip. Your volume for 4 categories of activities in the acclimatization phase, will look like this: Swimming – 1,500-2,000 meters / meters broken into sets Bike – 30 minutes to 1 hour @95+ RPM Run – 3.3-5 miles lasts during the week, building from 4-8 miles on weekends Weight training – Front squat, rear squat, core training Now, how will it all break by day? In the table below, you will be able to see where X indicates the location. On Mondays you will be resting and recovering from longer workouts on Saturday and Sunday. You can also find this useful for scheduling throughout the day. The first X (closest to the top) should be tried before work, the second X in one day (closer to the bottom) should be tried after work. Saturday and Sunday, you can choose and choose the best time for you (although the morning will almost always be better, especially if you train in the hot summer months). Acclimatization Phase Mon Tue Wed Thur Fri Sat Sun Weight Training X X Swim X Bike X X Run X X X X Rest X Acclimatization Phase is admittedly optional for some athletes. If you can already easily run 8-10 miles and bike for 30-40 miles, you can skip straight to the basic stage. If you have not yet arrived, then the acclimatization phase is where you should start. Running and cycling If you're just getting into distance running or cycling, this stage will take as long as it takes you to build up to 8 miles of running. To determine how long this will take, consider that you will need an increase of 2 weeks per mile. This means that if you can run 3-4 miles right now, you will train 2 weeks running 4 miles on a Sunday, 2 weeks at 5 miles, etc. until you finish with 2 weeks at 8 miles. This would put your acclimatization phase at 10 weeks (4, 4, 5, 5, 6, 6, 7, 7, 8, 8 miles). As noted above, you will run on Tuesday, Wednesday, Friday and Sunday. Thursday and Saturday, you'll be cycling. In the same way that you will build mileage on the run, we will measure the bike in time, and build there as well. Schedule of running and cycling during the acclimatization phase, will look just like this: WEEK MON TUE WED THU FRI SAT SUN 1 3 miles 30 min 45 min 4 miles 2 3 miles 4 miles 30 min 3 miles 45 min 4 miles 4 miles 3 3 miles 3 miles 30 min 4 miles 45 min 5 miles 4 3 miles 5 miles 30 min 45 min 5 miles 5 3 miles 4 miles 4 miles 45 min 3 miles 1 hour 6 miles 6 3 miles 4 miles 45 min 3 miles 1 hour 6 miles 7 3.5 miles 4.5 miles 45 min 3.5 miles 1 hour 7 miles 8 3.5 miles 4.5 miles 45 min 3.5 miles 1 hour 7 miles 9 4 miles 6 miles 1 hour 4 miles 1.5 hours 8 miles 10 4 miles 1 hour 4 miles 1.5 hours 8 miles swimming versus swimming You'll be looking to get used to being in the pool. Limiting sets during this phase to about 1,500 meters or yards (depending on the pool you have access to), will suffice in the early departure. If you have access to a Masters swim team or triathlon club that swims consistently with someone who runs the program, it's advisable. Not only will you get quality coaching, but group responsibility can go a long way to getting up early to get in the pool. If you don't have access to such a thing, use an app such as Roulette workouts to generate swimming sets will be a great resource to have. Remember, this is not to swim 1,500 m/y straight. Instead, you should break into the sets of the 50s, 100s etc. This will help you reach 1,500m/y, and also includes rest and recovery. Weight training All lifting/weight training during this and subsequent phases will be largely focused on the lower body and core strength. In addition to the swimming part, triathlon is predominantly a sport of the lower part of the body, so the strength and durability of such muscles will be critical to your success. For the acclimatization phase, you'll focus on 3 exercises: Front squats Back squats AbMat Sit-ups Squats will also be based on a max of 1 repetition. If you're used to squatting and know a maximum of 1 repetition, you can use the percentages on the table below to calculate workouts. If you are relatively new on the go, avoid doing max of 1 repetition and instead, use a perceived effort rate where for lower percentages (60%, etc.) you should take a little moderate effort, and each week you can increase by 5-10 lbs (as needed) to increase the challenge. On Wednesdays during this phase, you will be front squat, on Fridays you will return squat. The rule of thumb is that your rear squat should be 10-20% heavier than the front squat when determining weights. After each workout, you should perform 50-100 AbMat abs (building over time) to increase your core strength. You can also add in progressively longer and longer plank holds if you feel up to it. For the acclimatization phase your squat schedule will look like this: Week Wednesday Friday % from 1RM 1 Front Squat 5×3 Back Squat 5×3 60.00% 2 Front Squat 5×3 Back Squat 5×3 65.00% 3 Front Squat 5×3×3 Back Squat 15×3 70.00% 4 Front Squat 5×3 Back Squat 5×3 75.00% 5 Front Squat 5×3 Back Squat 5×3 75×00% 6 Front Squat 5×33 Rear Squat5×3 78.00% 7 Front Squat 5×3 Back Squat 5×3 80.00% 8 Front Squat 5×3 Rear Squat 5×3 83×00% 9 Front Squat 5×3 Rear Squat 5××3 3 85.00% 10 Front Squat 4×2 Back Squat 4×2 88.00% 11 Front Squat 4×2 Back Squat 4×2 90.00% Basic Phase After getting the handle scheduled during the acclimatization phase , and deciding you're committed to 30 weeks of triathlon training for a full-distance race like ironman® triathlon, it's time to explore the next phase of your 1-year triathlon training plan, Basic Phase. This stage is designed to increase your initial fitness value to the volume at which you peaked at the acclimatization stage. By the end of this stage, running 8 miles, cycling 2-3 hours and swimming upwards of 2,500m/y will be routine. Odamo, during the Build & Peak phases, you can be sure that your body is ready to cope with the increased volume, with a reduced chance of injury. The training schedule for the basic, construction and peak phases will remain the same, will differ slightly from the acclimatization phase. Your weekly schedule will look like this: Baseline, Build, Peak Phase Training Mon Tue Wed Thur Fri Sat Sun CrossFit X X Swim X X Bike X X Run X X X X Rest X The main difference here is the introduction of brick training on Wednesdays. Combined bike and running, designed to help train your body to transition between two exercises. Another big difference is the switch between weight training (a structured squat program in the acclimatization phase) and CrossFit. The introduction of CrossFit is to keep some form of anaerobic training with weights/gymnastics built into your training, while extending the load of such training to the whole body, not just the lower part of the body. You can pick up any daily CrossFit training day (WOD) from their website CrossFit.com. If you are new to this type of training, focus on the initial version of the published workout. This will keep him available and reduce the risk of any injury due to insuperiency. The basic stage looks like this: Week 1 Mon Tue Wed Thur Pet Sat Sun CrossFit Holiday X X Swimming 2,500m/y Swimming 2,500m/y Bike :30:30 100RPM 1:00 Run :30:15:30 :45 Week 2 Pon Tue Wed Thur Pet Sat Sun CrossFit Holiday X Swimming 2,500m/y Swimming 2,500m/y Bike :30:30 100RPM 1:30 Run :30:15 :45 1:00 Week 3 Pon Tue We Thur Fri Sat Sun CrossFit Holiday X X Swimming 2,500m/y Swimming 2,500m/y Bike :30:45 100RPM 1:45 Run :45:15 1:00 1:00 Week 4 Pon Tue Wed Thur Fri Sat Sun CrossFit Holiday X X Swimming 2,500m/y Swimming 2,500m/y Bike :30:30 100RPM 1:30 Run :30:15:45 1:00 This 43-page e-book includes strength training , dietary guidelines, injury prevention tips, built-in training plan on half triathlons and more! More!