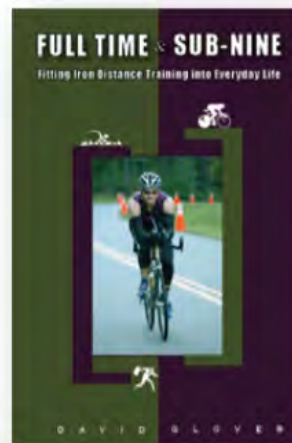


# Best Practice Training Tips from a Sub 9 Hour Ironman® Finisher

David B. Glover, MSE, MS, CSCS



# David Glover



# Achieving Your Dream



"Successful people are simply those with successful habits." —Brian Tracy



# *Avoid the 5 Deadly Sins*

"The successful person has the habit of doing the things failures don't like to do."

—Thomas Edison



## *The 5 Deadly Sins of Training*

1. Over commitment
2. Too much, too soon
3. Not enough recovery
4. Inconsistency
5. Rigidity

## *The 5 Habits of Successful Triathletes*

- |                        |                                |
|------------------------|--------------------------------|
| 1. Overcommitment      | 1. Conscious commitment        |
| 2. Too much, too soon  | 2. Purposeful training periods |
| 3. Not enough recovery | 3. Listen to your body         |
| 4. Inconsistency       | 4. Follow a plan               |
| 5. Rigidity            | 5. Be flexible                 |

## *The 5 Deadly Sins of Training*

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## *The 5 Habits of Successful Triathletes*

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# #1: Conscious Commitment



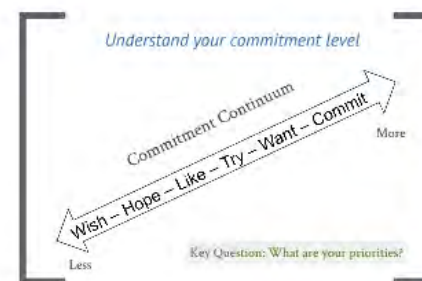
*"Whether I fail or succeed shall be no man's doing but my own. I am the force."*

- Elaine Maxwell

*Before anything else - what is your "Why?"*

*"He who has a why to live can bear almost any how."*

- Nietzsche



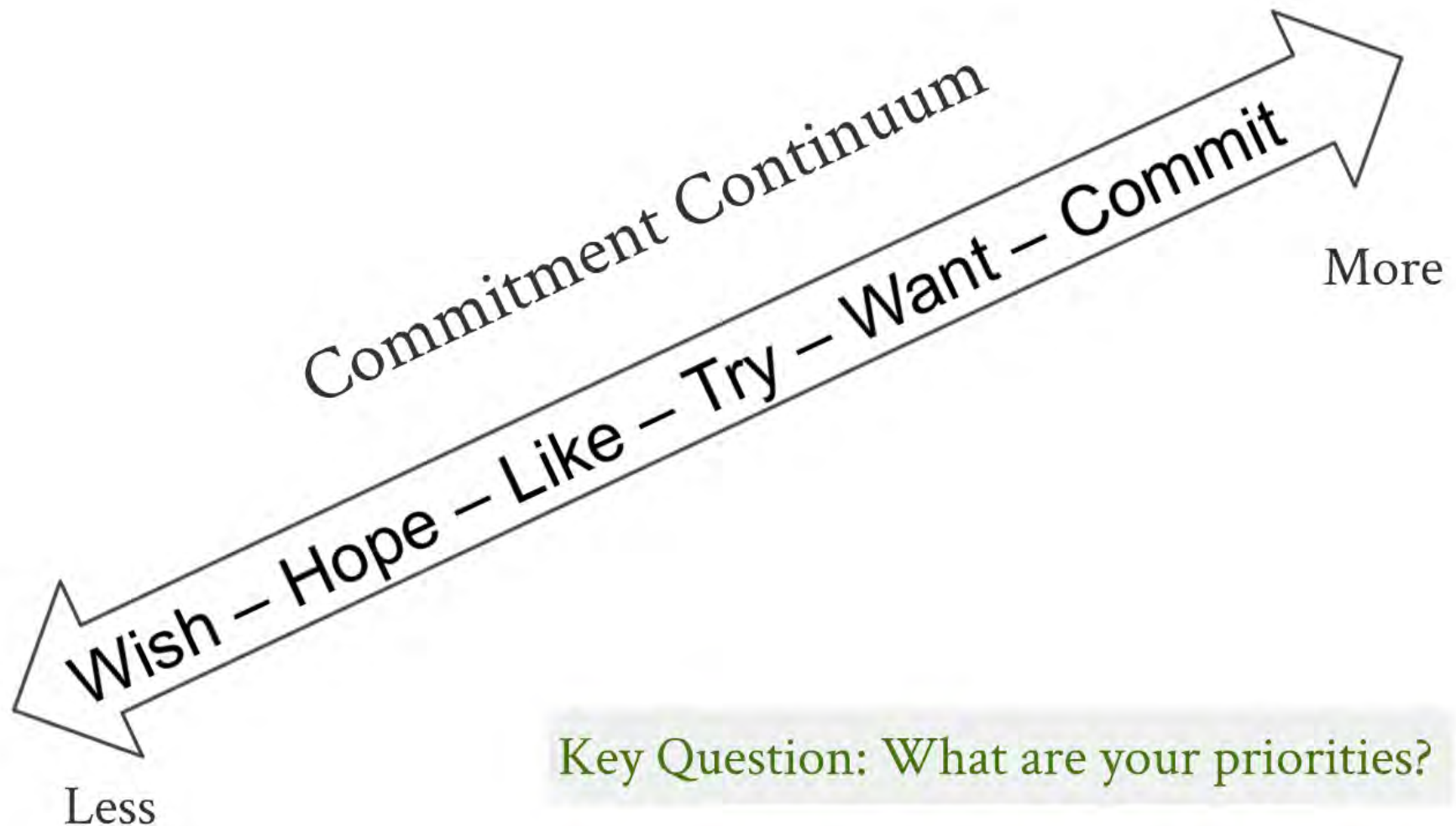
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— Nietzsche



## *Understand your commitment level*



Key Question: What are your priorities?

## #2: Purposeful training periods

"Someone is sitting in the shade today because someone planted a tree a long time ago."

—Warren Buffett

Think of training like a "funnel" narrowing to race day



Strength training and intervals/drills are appropriate year round

### Strength Training

- Improve muscle function, strength and power
- Increase lean muscle mass
- Decrease body fat
- Decrease risk of injury
- Boost testosterone

### Intervals & Drills

- Improve muscle fiber firing efficiency
- Train fast twitch muscle fibers
- Increase lactic acid tolerance
- Improve form and technique
- Training variability

### Simple run interval progression

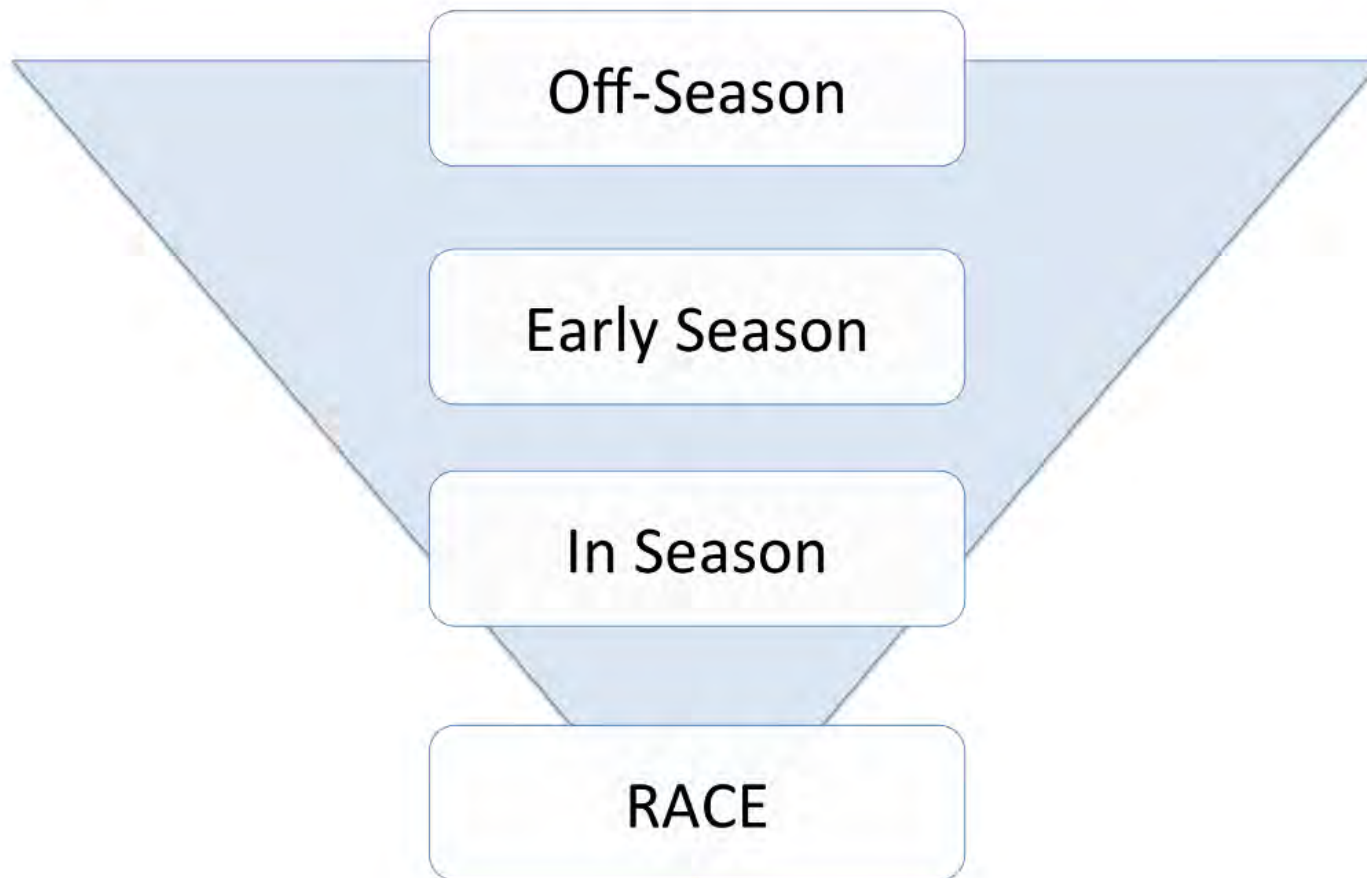
Week	Interval Set within a Workout
Week 1	4 x 45" w/ hill Tempo, jog down
Week 2	6 x 45" w/ hill Tempo, jog down
Week 3	8 x 45" w/ hill Tempo, jog down
Week 4	6 x 1" w/ hill Tempo, jog down

### Example swim interval progression

Week	Example Interval Set Within a Workout
Week 1	4 x 50' / 35' fast swim, 15' stretch, RI 30"
Week 2	6 x 50' / 35' fast swim, 15' stretch, 30' 35"
Week 3	8 x 50' / 35' fast swim, 15' stretch, 30' 35"
Week 4	4 x 75' / 25' fast swim, 25' stretch, 25' 35"
Week 5	6 x 50' / 35' fast swim, 15' stretch, 30' 35"

RI = Rest Interval (sec)

*Think of training like a "funnel" narrowing to race day*



# *Strength training and intervals/drills are appropriate year round*

## **Strength Training**

- Improve muscle function, strength and power
- Increase lean muscle mass
- Decrease body fat
- Decrease risk of injury
- Boost testosterone

## **Intervals & Drills**

- Improve muscle fiber firing efficiency
- Train fast twitch muscle fibers
- Sustain harder efforts, longer
- Improve form and technique
- Training variability



## *Simple run interval progression*

Week	Interval Set within a Workout
Week 1	4 x 45" up hill Tempo, jog down
Week 2	6 x 45" up hill Tempo, jog down
Week 3	8 x 45" up hill Tempo, jog down
Week 4	6 x 1' up hill Tempo, jog down

## *Example swim interval progression*

Week	Example Interval Set Within a Workout
Week 1	4 x 50 (35 fast then 15 stretch), RI 5" 6 x 25 kick fast (alternate back dolphin, back flutter), RI 10"
Week 2	5 x 50 (35 fast then 15 stretch), RI 5" 8 x 25 kick fast (alternate back dolphin, back flutter), RI 10"
Week 3	4 x 75 (25 fast, 35 stretch, 15 fast), RI 5" 5 x 50 kick fast (alternate back dolphin, back flutter), RI 10"
Week 4	4 x 75 (25 fast, 25 stretch, 25 fast), RI 5" 6 x 50 kick fast (alternate back dolphin, back flutter), RI 10"

RI = Rest Interval (sec)

# #3: Listen to your body

"We will use the actions of others to decide on proper behavior for ourselves.."

- Dr. Robert Cialdini, PhD

## What is over training?

Athlete stressed to the point that unable to recover adequately and performance declines.

*Important to note: Stress can come from outside training*

## Potential for injury is a real concern

Study of 131 triathletes showed that:

- 50% had injury in 6-month pre-season
- 37% had injury in 10-week competition season

## Quantity vs. quality

<b>A</b>	vs.	<b>B</b>
6 hour ride w/ 3 stops		4 hour ride w/ 1 stop plus 2 x 45 min race pace
3.5 hour long run (slag)	vs.	2:20 run with tempo efforts mixed in

## Possible symptoms of over training...

- Fatigue
- Performance declines
- Poor mood; irritability
- Poor sleep
- Anxiety, depression
- etc.

*Only one solution: REST*

## What increases likelihood of injury?

- History of high running mileage
- Previous injury
- Inadequate warm-up and cool-down
- Increasing years of experience

# *What is over training?*

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# *Quantity vs. quality*

**A**

6 hour ride  
w/ 3 stops

vs.

**B**

4 hour ride w/ 1 stop  
plus 2 x 45 min race pace

3.5 hour long run  
(slog)

vs.

2:20 run with tempo  
efforts mixed in



## #4: Follow a Plan

“In the absence of clearly defined goals, we become strangely loyal to performing daily acts of trivia.”

- Unknown

*Your plan is the steps you need to take to get to race day*



*Key: Identify and address areas of concern or uncertainty*

*Establish consistency week to week*

Example:

Practice	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Swim	ON	Swim		Swim	Swim		
Spin	OFF		Run		Triathlon	OFF	
Run	OFF	Triathlon	Run		Run	OFF	Run

*Follow-up: Prioritize & complete 70-80% of workouts in a week*

*Write down and practice your plan*

Elements to consider:

- Priorities - other commitments, events
- Marker sets to gauge progress
- Non-goal races
- Nutrition & hydration

*Your plan is the steps you need to take to get to race day*



**Key: Identify and address areas of concern or uncertainty**

*Write down and practice your plan*

Elements to consider:

- Priorities - other commitments, events
- Marker sets to gauge progress
- Non-goal races
- Nutrition & hydration

## *Establish consistency week to week*

Example:

Workout	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Swim	Off	Swim		Swim	Swim		
Bike	Off		Ride		Trainer	Long Ride	
Run	Off	Track		Run		BRICK	Long Run

**Takeaway: Prioritize & complete 70-90% of workouts in a week**



## #5: *Be Flexible*



"Mastery of life is not absence of problems, but mastery of problems."

- Humberto

*Now, go achieve YOUR success!*



Don't forget - have fun; smile  
and just do your best.

*Thank you for attending!*

I'll post the recording at: [www.schooloftri.com/library](http://www.schooloftri.com/library)

Upcoming webinars:

- 3/12: Strength Training for Triathletes
- 4/14: Crash Course in Triathlon Training for Beginners
- 5/7: Tips for Racing Your First Full or Half Ironman® Triathlon

Please contact me with any questions:

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