



Training for Your First Full or Half IRONMAN® Distance Triathlon

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Achieving YOUR dream



*“The ability to conquer oneself
is no doubt the most precious of
all things sports bestows on us.”*

— Olga Korbut, Olympian

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 Long Course Triathlon Training

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

The 5 Habits of Successful Long Course Triathletes

- | | |
|------------------------|-------------------------|
| 1. Over commitment | 1. Realistic commitment |
| 2. Too much, too soon | 2. Purposeful training |
| 3. Not enough recovery | 3. Rest as needed |
| 4. Inconsistency | 4. Follow a plan |
| 5. Rigidity | 5. Be flexible |

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Planning

"Failing to plan is planning to fail."

- Unknown

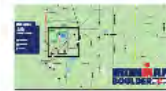
Review the race athlete guide & website

Things to note:

- Course
- Aid stations - nutrition/hydration
- Expected conditions
- Rules - e.g. vestsuits



Break down and plan for the course



Set your goals and develop or find a plan



Training plans - www.enduranceworks.net/training-plans

Plan for and practice race day logistics



What to wear, eat, drink, carry

Set your goals and develop or find a plan

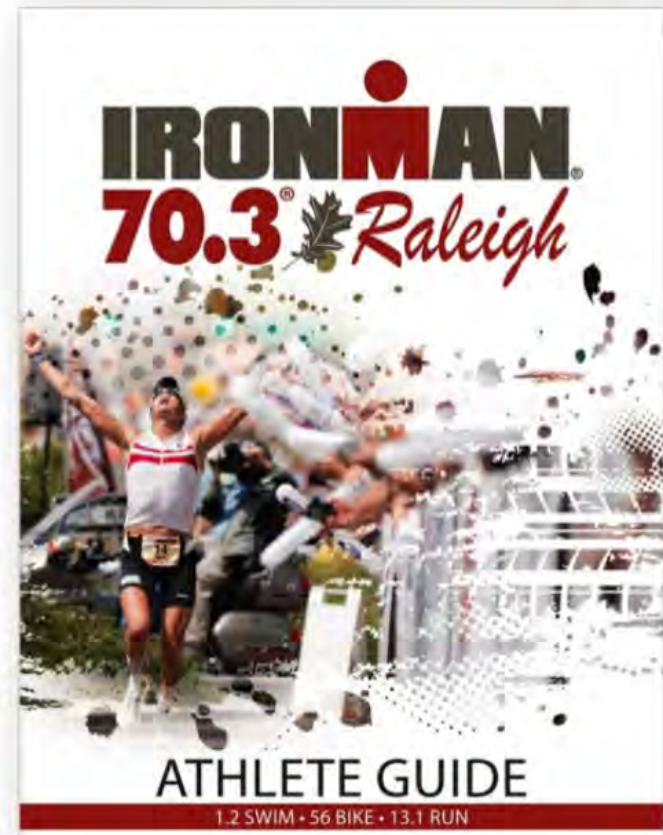


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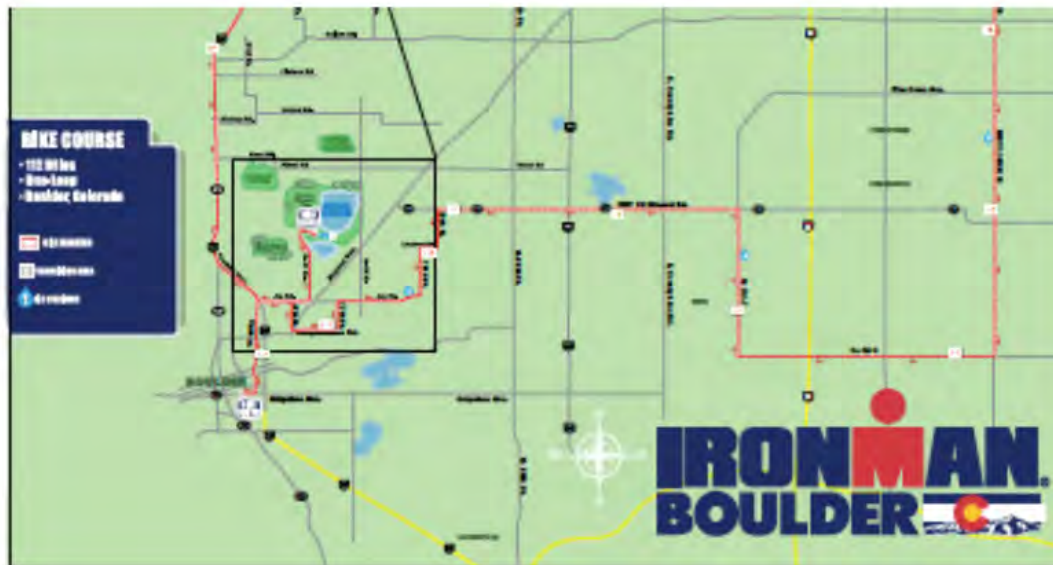
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Things to note:

- Course
- Aid stations - nutrition/hydration
- Expected conditions
- Rules - e.g. wetsuits



Break down and plan for the course



BIKE PROFILE

Starting Elevation: 5,200 ft • Finishing Elevation: 5,330 ft • Total Elevation Gain: 4,496 ft



Source: www.ironman.com

Plan for and practice race day logistics

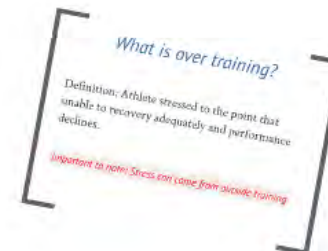
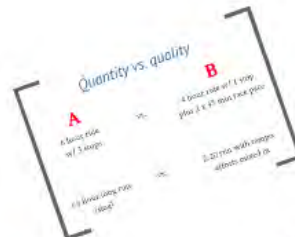
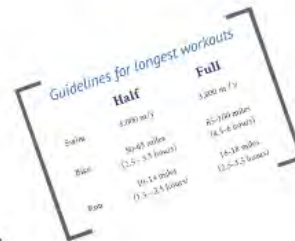
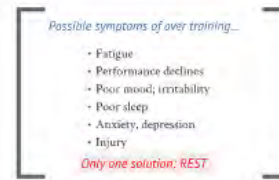


What to wear, eat, drink, carry

Training

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

—Warren Buffett



Put in the training time for the race...



+



+



Don't forget:



+

REST

Establish consistency week to week

Example: Goal for 3x/week of swim/bike/run

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

Key Point: Prioritize & complete 75-90% of planned workouts in a week

Guidelines for longest workouts

Half

Full

Swim

3,000 m/y

3,800 m / y

Bike

50-65 miles
(2.5 - 3.5 hours)

85-100 miles
(4.5-6 hours)

Run

10-14 miles
(1.5 - 2.5 hours)

16-18 miles
(2.5-3.5 hours)

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

Workouts should progress (run example)

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

Avoid being a "Spring Star"



Don't let your star shine brightest in the spring....

...then fade in the summer...



What is over training?

Definition: Athlete stressed to the point that unable to recovery adequately and performance declines.

Important to note: Stress can come from outside training

Possible symptoms of over training...

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

Only one solution: REST

Race Week

"Human beings are made up of flesh and blood, and a miracle fiber called courage."

- George Patton

Review the athlete guide (again)

Things to note:
• Timeline
• Logistics
• Rules



Double check your gear checklist



Source: www.usatriathlon.org

Review the timeline (example)

Day	Time	Event
Friday	12:00 - 2:00	Swim Drop-off
	4:00	Swim Pick-up
Saturday	8:00 - 9:00	Swim Check-in
	10:00 - 11:00	Swim Start
	11:00 - 12:00	Swim Check-in
	12:00 - 1:00	Swim Start
	1:00 - 2:00	Swim Check-in
	2:00 - 3:00	Swim Start
	3:00 - 4:00	Swim Check-in
	4:00 - 5:00	Swim Start
	5:00 - 6:00	Swim Check-in
	6:00 - 7:00	Swim Start
	7:00 - 8:00	Swim Check-in
	8:00 - 9:00	Swim Start

Do the practice swims (if available)

Reduce anxiety
Warm from the water
Get a feel for water temperature
& conditions



Drive the bike course; ride or drive the run course



Preview the transition area(s) - entrances, exits and flow



Note: Most races require bike drop off the day before the race

All your gear will typically go in bags



*Special needs bags are optional, tell them in advance

...and stay off your feet as much as possible race week

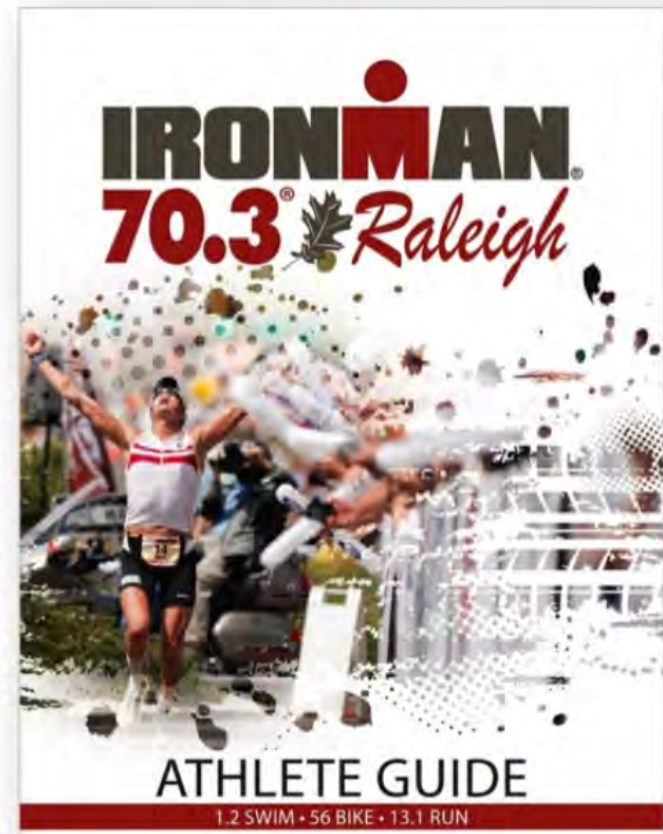


Key Point: Minimize time walking around the expo

Review the athlete guide (again)

Things to note:

- Timeline
- Logistics
- Rules



Review the timeline (example)

Day	Time	Event
Friday	12 PM – 7 PM	Athlete Check-In
	5 PM	Athlete Briefing
Saturday	9 AM – 5 PM	Athlete Check-In
	10 AM – 6 PM	Mandatory Bike Check-In
	10 AM – 6 PM	Optional Run Gear Bag Check-In
	11 AM, 2:30 PM, 5 PM	Athlete Briefing
Sunday	4 AM – 6:15 AM	Run Gear Check-In
	4 AM – 6:15 AM	Shuttle Bus Service
	5 AM	T1 Opens
	7 AM	Race Start

RACE-DAY CHECKLIST: What to bring to every event

GENERAL

- ☐ USAT membership card
- ☐ Photo ID
- ☐ Registration confirmation
- ☐ Directions to venue
- ☐ Course map
- ☐ Money
- ☐ Race uniform
- ☐ Race numbers and timing chip
- ☐ Sunscreen
- ☐ Sunglasses
- ☐ Anti-chafing product
- ☐ Extra clothes
- ☐ Watch

TRANSITION GEAR

- ☐ Towel(s)/Transition mat
- ☐ Water bottle(s)
- ☐ Gels/energy bars and drinks/salt tablets

*Never worry about forgetting important items again.
Use this checklist to ensure you arrive at your next
race relaxed and prepared.*

SWIM GEAR

- ☐ Wetsuit
- ☐ Swim cap
- ☐ Goggles

BIKE GEAR

- ☐ Bike
- ☐ Helmet
- ☐ Bike shoes
- ☐ Bike gloves
- ☐ Tire pump
- ☐ Spare tube(s)
- ☐ CO2 cartridges
- ☐ Tools
- ☐ Bar-end plugs

RUN GEAR

- ☐ Running shoes
- ☐ Hat/visor
- ☐ Race number belt
- ☐ Socks

PERSONAL REMINDERS

Source: www.usatriathlon.org

All your gear will typically go in bags



* Special needs bags are optional; full Ironman only

Drive the bike course; ride or drive the run course

BIKE COURSE

BIKE 56 MI
SUMMARY



Do the practice swims (if available)



Reduce anxiety

View from the water

Get a feel for water temperature
& conditions

Preview the transition area(s) - entrances, exits and flow



Note: Most races require bike drop off the day before the race

...and stay off your feet as much as possible race week.



Key Point: Minimize time walking around the expo

Race Day

"The body is much stronger than you know, it is the mind that is the weakness." - Unknown

Give yourself enough time on race morning



- Drop off race bags
- Body marking
- Bathroom
- Warm up

Don't get into any hot spots, don't overheat



Have yourself some water for the race



Don't get into any hot spots, don't overheat

Follow your plan



...and don't forget the sunscreen!

- Carry a spare tube and CO2 extender - know how to change a flat
- Carry some food and snacks
- Dress appropriately for the day
- Don't do anything new on race day



Getting through the race successfully

- Break the race into small chunks
- Let the "stuff" go
- Keep moving
- Have fun with it!



"The body is much stronger than you know, it is the mind that is the weakness." - Unknown

Give yourself enough time on race morning



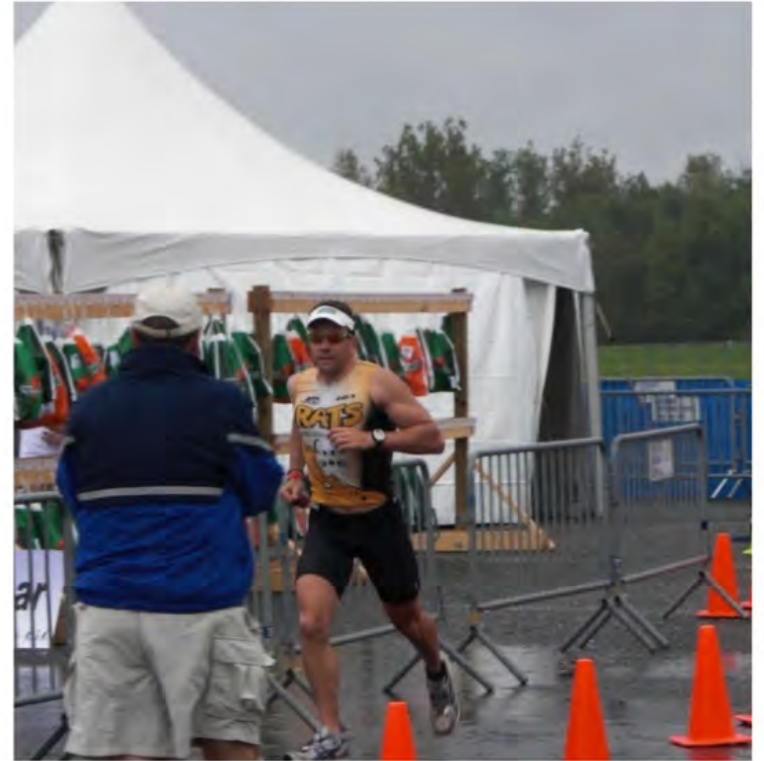
- Drop off race bags
- Body marking
- Bathroom
- Warm up

Place yourself appropriately for the swim



Swims may be mass start, wave start or time trial start

Transitions with race bags and changing tents



Follow your plan



Getting through the race successfully

- Break the race into small chunks
- Let the “stuff” go
- Keep moving
- Have fun with it!



"It does not matter how slowly you go, so long as you do not stop." - Confucius

...and don't forget the sunscreen!

Carry a spare tube and CO2 cartridge -
know how to change a flat

Carry some fluids and nutrition

Dress appropriately for the day

Don't do anything new on race day



Now, go achieve YOUR success!



“It’s not the mountain we conquer, but ourselves.” — Edmund Hillary

Thank you for attending!

We'll post the recording at: www.enduranceworks.net/resources

Upcoming webinars:

- 3/10: How to Create a Nutrition & Hydration Plan for Triathlon
- 3/24: The 7 Daily Nutrition Habits for a Better, Healthier Body

Please contact us with any questions:

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Need a training plan? Visit us at www.enduranceworks.net