

Draft outline schedule for IM France

The table below outlines the different periods of training that could be undertaken for a late June / early July 2010 Ironman. The following points should be noted or considered:

- 2009 should include an Olympic or middle distance triathlon – preferably the latter if you have not raced long before.
- More detailed suggestions for 2009 can be provided if wanted but remember that we all have different training needs. What works for me may not work for you. Always concentrate on your weaker events, increase the speed work as the race approaches, do some good quality brick sessions (mostly bike / run), remember to rest or go easy sometimes and maintain good technique.
- Following the 2009 season, the build to IM is a steady and phased one with the last 12 to 14 weeks being the most demanding period when training will be between 14 and 18 hours per week. From January onwards, it is best to work on a three (2 hard/1 easier) or four (3 hard/1 easy) week cycle to give time for the body to respond to training and recover. The best option for you will depend on age, fitness, experience etc.
- For most of us, cut down on the running and focus on cycling. Concentrate on the bike.
- Junk training must be avoided e.g. no hard sessions when the body is overtired, maintain good technique on base runs and bikes. Train with a purpose.
- Rest and good sleep are very important. Take at least one day off each week.
- Good nutrition and hydration are essential. Nothing too radical, just eat a good quality, balanced diet with plenty of fruit and veg. Get to racing whippet weight for the race – it's not good to be too lean all year round.
- A spring marathon is not a good idea - this is the time your legs need to train, not recover from 26 miles. The longer brick (bike / run) sessions and good conditioning will get you through the IM run.

- Do some of your longer training by yourself – you won't be able to cruise around in a group on the day!
- Get used to early morning training – most tri's start early and it gives you more time for all of the other things in life.
- A couple of training weekends away could be planned for late March to May. The main objective would be to find some big cycling climbs.
- Enjoy your training! You will be in the best condition of your life on the start line and ready for a great experience.
- Most importantly – you will need a lot of support from family, partners, friends etc. Ironman training can be as demanding on them as you. Take some time out now and again to keep some balance in life!

Month	Cycle	Phase	Aim	Suggested events
April	2009 RACE SEASON Ideally it will include a middle distance race and a mix of Olympic distance / sprint races. It is suggested that one or two races are targeted as priority events with others treated as training events. Training should be tailored for priority races and include appropriate tapers. Bedford Classic and Vitruvian could be good examples of target races – they include a middle distance event and have a reasonable gap between them. Also end of season fitness provides a good start point for autumn training.			
May				Bedford sprint Tues evening TT's Grendon Olympic tri
June				Bedford sprint Cowman (mid dist)
July				Bedford Classic Sportif? MK Olympic
August				Sportif?
September				Include two or three weeks of active recovery at the end of the season – try some different activities e.g. walking, mountain biking, tennis etc.
October	FITNESS Introduce conditioning and technique work – gym (high rep / low weight), circuit training, refine swimming technique (ideally with suitable coach). Biking and running is largely base foundation building – low heart rate over 1 or 2 hours. Be consistent with this - develop aerobic efficiency and minimise injury risk. The occasional Harriers session, hill work or harder turbo work will add variety and maintain some speed / strength but the emphasis is on conditioning.			
November				
December	BASE Build on autumn work to further strengthen the base with a more structured programme. Introduce more sport specific strength training esp. hills and increase biking and running time a little. Distance work still done at low HR. Maintain technique and conditioning work. Don't put on too many winter pounds!			Cross country races
January 2010				Cross country Cycle to early season road runs e.g. Folksworth
February	BUILDING Slowly increasing intensity and duration typically up to 70% of swim, bike or run distances. Introduce brick sessions esp. bike / run and IM specific interval i.e. no high level, short stuff. Always maintain technique! Ideally swim 3 times a week. Lower reps / heavier weights at the gym.			As Jan
March				½ marathon Ballbuster
April	PEAK The tiring / hard part. Increase distances and amount of brick work. Increase intensity and duration of interval sessions. Long pool swims and some open water sessions in May. Refine nutrition, hydration and kit. Don't overdo the long runs.			Swimathon Duathlon e.g. Ashbourne Bedford Sprint
May				Early sportif?
June	Taper / race / recover. Maintain quality during taper but progressively cut down on duration			IRONMAN!!

