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### HOW TO DETERMINE YOUR LACTATE THRESHOLD

Understanding lactate threshold (LT) training is critical to improvement. Your LT determines how long and how hard you can exert near-maximum effort. There is a point when the body begins to produce lactate at rates that are too fast for it to metabolize—this is the LT.

To determine your LT, do field tests on the bike and the run on separate days, when your legs feel rested. After a warm-up of 15 minutes (run) to 30 minutes (bike), do a 30-minute time trial on flat terrain where you can hold your hardest uninterrupted effort for that duration (a bike trainer is ideal for the bike test and the track is a good option for the run).

Pace the time trial as evenly as possible. To determine your LT heart rate, hit the lap button on your heart rate monitor 10 minutes into the time trial. The average heart rate for the final 20 minutes is your LT heart rate.

This chart will help you understand the various zones.

ZONE	% OF LACTATE THRESHOLD	BREATHING AND PERCEPTION
1	<80% of LT	Gentle rhythmic breathing. Pace is easy and relaxed. The intensity is a jog or very easy run or very easy bike spin.
2	80–87% of LT	Breathing rate and pace increase slightly. Slightly deeper breathing, although still comfortable. Running and cycling pace remains comfortable and conversation is possible.
3	88–93% of LT	Breathing a little harder, pace is moderate. A stronger cycling or running rhythm, this is "feel good" fast. It is slightly more difficult to hold conversation.
4	94–100% of LT	Starting to breathe very hard, pace is fast and beginning to get uncomfortable, approaching all-out 30-minute bike or run pace. This pace should be challenging to maintain.
5	>100% of LT	Breathing is deep and forceful. Pace is all-out sustainable for one to five minutes. Mental focus required, moderately uncomfortable and conversation undesirable.

	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	Interval Run 30min w/ 8x 20min comfortably fast	Easy Run 6 miles	Interval Run 45min w/ 5x 10min (2,000 total)	Interval Run 40min w/ 10x 1min fast w/ 10min easy	Interval Run 30min w/ 10x 1min fast w/ 10min easy	Interval Run 30min
WEEK 2	Interval Run 45min w/ 6x 15min fast	Easy Run 6 miles	Interval Run 45min w/ 6x 10min (3,000 total)	Interval Run 40min w/ 10x 1min comfortably fast	Interval Run 30min	Interval Run 30min
WEEK 3	Interval Run 45min w/ 6x 15min fast	Easy Run 6 miles	Interval Run 45min w/ 6x 10min (3,000 total)	Interval Run 40min w/ 10x 1min fast	Interval Run 30min	Interval Run 30min
WEEK 4	Interval Run 45min w/ 6x 15min fast	Easy Run 6 miles	Interval Run 45min w/ 6x 10min (3,000 total)	Interval Run 40min w/ 10x 1min fast	Interval Run 30min	Interval Run 30min
WEEK 5	Interval Run 45min w/ 6x 15min fast	Easy Run 6 miles	Interval Run 45min w/ 6x 10min (3,000 total)	Interval Run 40min w/ 10x 1min fast	Interval Run 30min	Interval Run 30min
WEEK 6	Interval Run 45min w/ 6x 15min fast	Easy Run 6 miles	Interval Run 45min w/ 6x 10min (3,000 total)	Interval Run 40min w/ 10x 1min fast	Interval Run 30min	Interval Run 30min
WEEK 7	Interval Run 45min w/ 6x 15min fast	Easy Run 6 miles	Interval Run 45min w/ 6x 10min (3,000 total)	Interval Run 40min w/ 10x 1min fast	Interval Run 30min	Interval Run 30min
WEEK 8	Interval Run 45min w/ 6x 15min fast	Easy Run 6 miles	Interval Run 45min w/ 6x 10min (3,000 total)	Interval Run 40min w/ 10x 1min fast	Interval Run 30min	Interval Run 30min
WEEK 9	Interval Run 45min w/ 6x 15min fast	Easy Run 6 miles	Interval Run 45min w/ 6x 10min (3,000 total)	Interval Run 40min w/ 10x 1min fast	Interval Run 30min	Interval Run 30min
WEEK 10	Interval Run 45min w/ 6x 15min fast	Easy Run 6 miles	Interval Run 45min w/ 6x 10min (3,000 total)	Interval Run 40min w/ 10x 1min fast	Interval Run 30min	Interval Run 30min
WEEK 11	Interval Run 45min w/ 6x 15min fast	Easy Run 6 miles	Interval Run 45min w/ 6x 10min (3,000 total)	Interval Run 40min w/ 10x 1min fast	Interval Run 30min	Interval Run 30min
WEEK 12	Interval Run 45min w/ 6x 15min fast	Easy Run 6 miles	Interval Run 45min w/ 6x 10min (3,000 total)	Interval Run 40min w/ 10x 1min fast	Interval Run 30min	Interval Run 30min
WEEK 13	Interval Run 45min w/ 6x 15min fast	Easy Run 6 miles	Interval Run 45min w/ 6x 10min (3,000 total)	Interval Run 40min w/ 10x 1min fast	Interval Run 30min	Interval Run 30min



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# Simple 16-Week Ironman 70.3 Training Plan

# IRONMAN 101: A Six-Month Training Plan - IRONMAN Official Site | IRONMAN triathlon 140.6 & 70.3

12 month triathlon training plan. 12 month half ironman training plan.

To maximize your recovery as well as your training, think about incorporating things like stretching, massages and acupuncture into your routine. It's especially important for a beginner who doesn't have a lot of experience with these three activities, or with endurance exercise in general. In the "build up" phase, you'll start to add to the foundation you've built in the first phase by upping your intensity with extra time and distance at each activity. In other words, 45 minutes becomes an hour, 30 minutes becomes 40 minutes, 3 miles becomes 4 miles, etc. And the beginning of summer break will dovetail with the athlete's tapering period. Of course, some athletes may be able to go from reasonably fit to Ironman-ready in a year. If you feel up to it, you can also engage in active recovery, low-intensity cardio programmed mainly to increase blood flow and help your body heal. Like any other big, challenging accomplishment, completing an Ironman triathlon is possible if you give yourself enough time to prepare and break each phase down into actionable steps. Note that the cycling workouts are programmed for time and not distance – if possible, check your distance after each cycling workout and try to get a better sense of your pace. Ironman base training The first phase of your Ironman training should be about building a solid base. Incorporating sports nutrition supplements before, during, and immediately after your training sessions will help ensure you have nutrients to energize, hydrate, adapt, and recover from the demands on your body. Remember your recovery. However, depending on how your body responds to the peak phase, this may not be necessary. Seasonal weather, daylight, family and work commitments and even pool access are all considered into this equation. Feel free to adjust for a shorter distance, like an Olympic-distance triathlon, sprint triathlon or standard distance triathlon. How to divide up your Ironman training plan Training for an Ironman involves a good chunk of time, typically between 8 to 12 hours per week. Step 1: Choose a Goal Ironman Race Based on Your Real-World Training Schedule During their first year of Ironman training, my athletes and I look at the entire 12-month calendar and figure out when they'll have the most time to commit to quality training. Now that you have a foundation for successfully preparing for an Ironman, you should continue to research to find ways you can adjust your preparation to better meet your individual needs. In the end, figure out when you have the most time to train long and hard for several months first, then find a race. For example, if you aren't very experienced with swimming, or you are coming back from a long fitness break, you may want to add an extra week or two in your build up phase. You can also feel free to adjust the actual distance or time if you find them to be too easy or too challenging. Even the shorter versions of the full Ironman triathlon – which involves a 2.4-mile swim, a 112-mile bike ride, and a 26.2-mile run – can be a big challenge, depending on how long you've been participating in all three activities and your fitness experience. Before attempting a triathlon, you'll generally want to have experience with shorter events in each individual activity, such as a half-marathon race or a bike event. It also means you're far less likely to get injured so you can really reap the rewards come Ironman race-day. He specializes in triathlon coaching, group coaching, online coaching, VO2 Max testing and training camps in UK and abroad. That way, you'll ideally enter your next Ironman build with the strength and speed to not just finish, but set a new PR. You'll familiarize yourself with the logistics, course and transition layout, and pick up a motivational buzz from seeing the racers pass by. Undoubtedly, many of you don't even know where you're going next month, much less next year. In the peak phase, your longest workouts in each activity get you close to the full distance in each leg of the event. Everyone's sleep requirements are slightly different, but most people require somewhere between 7 and 9 hours to feel rested. As you increase time and distance, be mindful of your pace – try to keep it as consistent as possible, but you can always break a long run or long bike ride into multiple intervals. Building up phase (3-8 weeks) Weekly schedule: Monday: off Tuesday: Run 5 miles, Cycle 75 minutes Wednesday: Swim 1,000 meters, Cycle 75 minutes Thursday: Run 7.5 miles, Cycle 40 minutes Friday: Swim 1,250 meters, Run 5 miles Saturday: Cycle 2 hours Sunday: Run 8.5 miles The building phase is when you start to really work on improving your endurance, tempo and cardiovascular threshold. It'll also ensure your body is in the best shape possible for when it comes to starting the intensive training phase. Over the years of coaching and preparing athletes to be Ironman ready, I've seen people take three years to achieve their Ironman dream as they made the steady progression from runner or cyclist to multisport Ironman finisher. On every day of the week except Monday, you will either run, cycle or swim – sometimes more than one activity. While most of your attention will probably be focused on activity, downtime matters too – and not just taking days off. The emotional satisfaction is that powerful. But that commitment, when it results in success, is also a huge part of the sport's satisfaction. Once we figure this out, only then will we look at the racing calendar for an IM to enter. Even for experienced athletes, training at the level of intensity required for an Ironman triathlon takes a real toll on your body. That's right, the race was asking people to commit a year in advance. But this advance scheduling is critical to a successful Ironman, because for most competitors—and especially the first-timers—training for Ironman is a 12-month physical and mental challenge. And I'm not talking about ripping off an Olympic-distance triathlon and then tackling an Ironman. It's a fantastic opportunity for you to scout the race—and if you've never done an Ironman, see what you're in for. Additionally, if you only have a few months or less to prepare for your Ironman, you may want to skip this phase to maximize training efficiency. Other things to know about training for an Ironman No matter what your experience level is or how many triathlons you've done before, here are a few general tips that will improve your results. Get enough rest. Become a volunteer, and a certified USAT Coach. In addition to competing at Ironman distance triathlons, she coaches athletes from first timers to champions in sprint to iron-distance events. Related Articles The 5 Most Common Triathlon Rule Violations and How to Avoid Them Triathlon Training: Tips for Overcoming The Intimidation Factor of the Swim Tips for Overcoming Triathlon Pre-Race Jitters Even if you consider yourself relatively fit, you should allow at least 4 months to train – ideally longer. Case in point: An Ironman in late June works well for parents of school-aged children since the most intense and longest training blocks for the race will occur in the spring/late spring while the kids are in school full-time. A good solid base for Ironman is crucial to laying down the foundations for the season ahead. With that in mind, I wanted to share some of the key, high-level triathlon tips I and the other coaches at CTS have gleaned from decades of working with Ironman athletes. Each phase's weekly program should be followed for at least three weeks, but feel free to adjust that number up or down based on the provided range or beyond. If you haven't biked at least 35 to 40 miles after your 3-hour cycling workouts, you may need to schedule extra time on the bike to improve your pace. Optional: Taper phase (2-3 weeks) Depending on how you feel during the peak phase, how long you have until race day, and your level of experience with triathlons, you can add in a taper phase where you reduce your training intensity 30-40% below the peak phase. While training for an Ironman, you may want to increase that range up to between 8 and 11 hours, if possible. Nutrition is key. My advice: be cautious. One Ironman in a year is difficult, two is very challenging, and three would require a pro-triathlete's commitment to training and focus (although it can certainly be done, especially by very experienced triathletes). Download your next 6-month Ironman training plan here. Below is a perceived exertion chart that is referred to in the plan: Dermott Hayes is director and head coach at RG Active. The level of focus required during your Ironman years becomes easier to handle and understand when it's balanced with a year of reduced training volume. During the alternate years, focus on 70.3 Ironman races and work on getting faster. Pay particular attention to your daily intake of protein and carbohydrates. But I urge you to think about your Ironman as a two-year process at least. Bonus Tip: Give and Learn If you don't get into your local Ironman race this year, or the nearest race date doesn't jive with your preferred race date, use the race as a learning opportunity. Download your 6-month Ironman base training plan here: Ironman race training Once you've come through the base stage it's time to intensify your training. With bricks, race-pace efforts, open-water swims and the tapering period, this next 6-month Ironman training plan will take you up to your big Ironman race day in optimum condition. Finally, in the "peak" phase, you'll push yourself hardest, getting close to the actual distances you'll run during your Ironman competition. Next to each phase, you'll see a recommendation for a range of weeks to train in that phase before moving on to the next. Personally, I've found that athletes who strive for balance in their family, career, and training do best by committing to an Ironman every other year. Some people also add a "tapering" phase right before race day, to preserve their energy and conditioning so they can enter the Ironman in the best possible shape. Understanding the Ironman training plan The sample plan presented below is divided up into a weekly format. It's okay to round up or down to an even number if necessary. People who are experienced triathletes and may have been able to get away with a more improvisational diet during the base phase will likely find they need to start really dialing in their nutrition needs during this part of their plan. Peak phase (3-5 weeks) Weekly schedule: Monday: off Tuesday: Run 7.5 miles, Cycle 95 minutes Wednesday: Swim 1,000 meters, Cycle 95 minutes Thursday: Run 9.5 miles, Cycle 75 minutes Friday: Swim 1,500 meters, Run 5 miles Saturday: Cycle 3 hours Sunday: Run 10 miles Now things are getting intense! In this phase, you'll be getting close to the Ironman triathlon distance you will be running on race day. It takes time for the body to adapt to the new stresses of training without the risk of injury. By Lindsay Hyman, CTS Pro Coach The day after an Ironman race, hundreds – sometimes thousands – of athletes line up or go online to register for the next year's race. In today's last minute, just-in-time world, this is an anomaly. This competition is now closed By Dermott Hayes Published: May 10, 2022 at 8:00 am By giving yourself a year to train for your first long-distance triathlon, you can increase your training load and intensity gradually without putting your body under too much stress. As the name implies, the Ironman triathlon is one of the most difficult physical accomplishments most athletes will ever attempt. I've found more success in coaching athletes to the finish line of an Ironman if they work their way up to it over 2-3 years. It's critical to fuel your body properly, especially in the later phases of training. This will help ensure race day goes smoothly and you can complete all three legs in a way that aligns with your goals – whether that's a specific time or simply finishing. Step 3: Pace Your Triathlon Race Schedule To Grow Faster, Not Just Finish Once you cross the finish line, don't be surprised at how soon you start thinking about doing another Ironman. If you weren't very experienced as a swimmer or cyclist before, you should also be developing consistency in your techniques during this phase. Remember, these distances are programmed for a half Ironman distance of 70.3 miles, which consists of a 1.2-mile swim, a 56-mile bike and a 13.1-mile run. Remember, this plan is just a template: you can and should alter it based on what works for your individual needs. Base phase (3-8 weeks) Weekly schedule: Monday: off Tuesday: Run 3 miles, Cycle 45 minutes Wednesday: Swim 500 meters, Cycle 45 minutes Thursday: Run 4.5 miles, Cycle 30 minutes Friday: Swim 750 meters, Run 3 miles Saturday: Cycle 1 hour Sunday: Run 4.5 miles After two weeks on this plan, add roughly one-third to all times and distances. With a 2-plus year plan, you can set up a steady progression from Olympic to half-Ironman to full Ironman that conditions your body—and your family and work colleagues—to your training regimen and schedule. Athletes with the time and dedication may train for over 15 hours per week, depending on how close they are to race day. Because of the significant time investment, it's best to break up your training into several phases. It can be a long haul, people. It's not uncommon for triathlon participants to train for 8 to 12 months, especially if it's their first Ironman. This article will provide a basic template to train for the race known as a half Ironman, or a 70.3 – a reference to its length, which is exactly half of the "Full" Ironman race of 140.6 miles. For others, summer races with their great weather and long days hold the most appeal. 1 year time line 2 year time line 3 year time line 0 – 6 months Select and register for your IM race 0 – 6 months Select your IM race 0 – 6 months Select your IM race 6 – 12 months Train and be IM race ready!! 6 – 12 months Train for a sprint and Olympic race 6 – 12 months Train for a sprint and Olympic race 13 – 18 months Train for a 70.3 race and register for your IM race 13 – 18 months Train for a 70.3 race 19 – 24 months IM race ready! 19 – 24 months Train and stay focused 15 – 30 months Train for a 70.3 race and register for your IM race 31 – 36 months IM race ready! Lindsay Hyman is a Pro Level coach with Carmichael Training Systems, Inc. The first "baseline" phase consists of workouts intended to help you establish a strong physical foundation for your running, swimming and biking abilities. Step 2: Make Your First Ironman a 2-year Journey Before you sign up for the Ironman of your choice, you'll want to develop a deep base of experience. However, others, who live in stifling hot summer climates may choose early spring races to motivate themselves to train through the winter months and then ramp up training during the cool spring months.



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