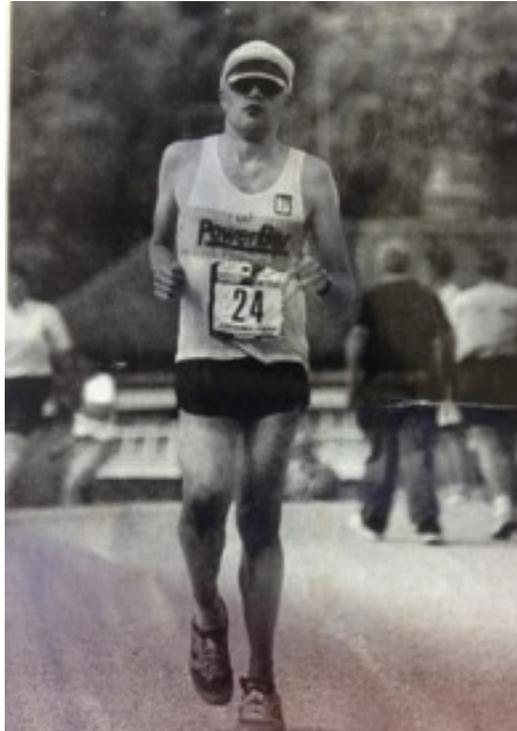


# TRAINING for IRONMAN

## Learning from some winners

### Keynote at 220 Tri Show 2014

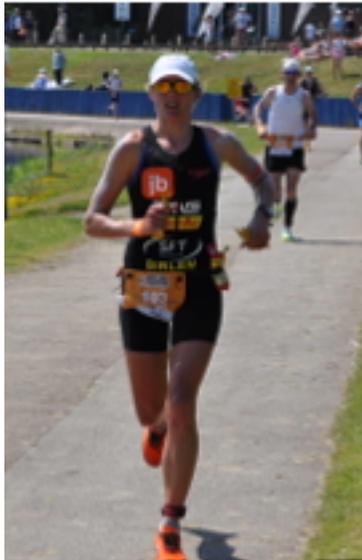




**220 Mag contributor Since 1991**

**PowerBar user Since 1990**

**Scott user Since 1989**



**Vicky Gill**

**1st Outlaw 9h50**

**Outlaw Half 4h40**



**Scott Neyedli**

**WTC IM Rec 8h17**

**1st IM Wales 2013**



**Chris Goodfellow**

**8h47 IM PB 2012**

**1st Forestman 2013**

# I. Training “tops off” the genes

- **Vicky - run for Florida State University - 2nd NCAA champs**  
GB vest road running  
PBs of 15:42 for 5k and 32:41 for 10k
- **Scott - high-level Scottish swimmer**  
3rd The Longest Day 2006 (*Amateur*) 9:17:52  
Recently 400m FC 4:33.49, 100m IM 1:06.26
- **Chris - ex semi pro rugby player**  
Crashed Lanzarote (coma) - 18 months later in Kona  
Ironman rides @ 270-290w average effort  
Jan/Feb 2014 - building intervals 420 to 440w for 4 mins

# I. Training “tops off” the genes

**Plenty of others have learned via the “winners”**

e.g. John Hook 60-64 - 70.3 qualifier at Geelong 2014

such as: double run days; over geared turbo; in-race caffeine use

“In the first month of training with you, I have found that I have seen improvements in all three disciplines. My cycling top speed is the same, but my heart rate is about 20-25bpm lower. I'm really enjoying training at the moment and the Ironman I've have entered, is still daunting, but not quite as daunting as it was! I now believe I can complete the race..”

**Matt Probitts**

## 2. Volume. focus & 'mood' varies. Massively.

- **Vicky - 85-100h months 2013 and already 2014**  
learning to dial nutrition to training load/long sessions
- **Scott - 33-38h in June 2013**  
start 2014 ill 3 weeks then >30h on JBST Lanzarote camp
- **Chris - racing; fatherhood; back on it**  
0...100k run weeks; 440w+ 4 minute intervals and 270w 2h turbo

# 3. Equipment is central to competitive edge.

- **Vicky - new frame 2014; ENVE; aero optimised**  
- top Speedo wetsuit; PowerBar nutrition tweaks.
- **Scott - Trek Speed Concept; ENVE wheels; wind tunnel**  
- prior to IM Wales tire selection tweaks for Rolling resistance -  
comfort - traction.
- **Chris - Giant Trinity; ENVE wheels; tunnel tested x3-5**  
cooling central: white; ice packs; helmet; wattage on bike precise.

# 4. They have a nutrition plan set out (& tested) for race day.

- **Vicky - gels in hand out of T2 “reminders”**
  - moving from runner to triathlete; proof in sessions
- **Scott - gel bottle, salt sticks**
  - RedBull T2, Beetroot (nitrate) loaded, L-Carnitine loaded
- **Chris - 90-100g carbs per hour on bike ( $E \geq 1000$  cal/hr)**
  - salt sticks, gel bottle, horizontal cooling bottle

# 5. They do not win, race or do an Ironman for breakfast.

- **Vicky - 15h weeks winter building to camps**
  - include 5:40mile reps; wetsuit pool swims; strength training
- **Scott - “easy” Mondays**
  - just a ride to work; CLS was the start of build to Lanzarote IM
- **Chris - building back to it using 30k commute runs**
  - time efficient and turbo work (swimming little)

# 6. Racing is open to mishaps and management.

- **Vicky - came off in Outlaw but went onto win**
  - off day in Barcelona; power; HR; speed = ILL
  - = long recovery afterwards before full training
- **Scott - IM Wales out in front; no bike; no others ????**
  - IM UK blew when in 3rd and slipped to 4th
  - = motivation :“on a good day a win is possible” (never on the plan)
- **Chris - several races of near to or actual over-heating**
  - Several “get it done races” - ease off the gas on the run
  - = Save the best race for another day

# 7. Is there a race scenario to perfection?

- **Swim - use your relevant pack**
  - saves energy; only 10% race time; [cost Scott IMUK podium '13]
- **Bike - know your boundaries**
  - solid ride but 50-60% peak power 75-82% HRmax  
feed > 1g/kg/hr; vary position and be aero. Very aero.
- **Run - discomfort management. Business end of things.**
  - feeding, in-the-zone aloneness; those that “slow down the least”

# 7. Is there a race scenario to perfection?

- **Vicky - It's a patience game**
  - run is her home ground - be in the "what's BEST now" mode
- **Scott - Use what he knows has worked already**
  - in front in Wales "for them to catch me"
- **Chris - Need optimal bike (~270w) to give best run**
  - too easy to hammer bike but struggle 2nd half of run

# 8. They monitor, log and use training diary. Most of the time.

17 Jun 2013	SWIM TOTAL =			BIKE TOTAL =			RUN TOTAL =			Gym	DAY
Competition	Z1	Z2	Z3	Z1	Z2	Z3	Z1	Z2	Z3	lifting only	TOTAL
M	01:00:00			05:30:00	00:35:00		00:38:00				07:43:00
T	01:00:00			01:30:00			02:00:00				04:30:00
W				04:00:00			01:15:00	00:30:00			05:45:00
T				04:30:30	00:35:00		01:00:00				06:05:30
F	01:00:00						02:20:00	00:30:00			03:50:00
S				03:00:00	00:30:00		01:00:00	00:30:00			05:00:00
S	01:00:00			02:30:00	00:40:00		01:00:00				05:10:00
Totals >	04:00:00	00:00:00	00:00:00	21:00:30	02:20:00	00:00:00	09:13:00	01:30:00	00:00:00	00:00:00	38:03:30
% of week >	11%	0%	0%	55%	6%	0%	24%	4%	0%	0%	which is

24 Jun 2013	SWIM TOTAL =			BIKE TOTAL =			RUN TOTAL =			Gym	DAY
Competition	Z1	Z2	Z3	Z1	Z2	Z3	Z1	Z2	Z3	lifting only	TOTAL
M											0
T				04:35:00	00:30:00		01:00:00	00:30:00			06:35:00
W				03:07:00			03:00:00				06:07:00
T				06:30:00			01:00:00				07:30:00
F	01:00:00			01:10:00							02:10:00
S				04:05:00							04:05:00
S				04:05:00			01:22:00				05:27:00
Totals >	01:00:00	00:00:00	00:00:00	23:32:00	00:30:00	00:00:00	06:22:00	00:30:00	00:00:00	00:00:00	31:54:00
% of week >	3%	0%	0%	74%	2%	0%	20%	2%	0%	0%	which is

Scott's Diary June 2013 overload before IMUK

# Scott: 5-7h days - 42h, 2 weeks

27 Jan 2014	SWIM TOTAL =			BIKE TOTAL =			RUN TOTAL=			Gym	DAY
Build	Z1	Z2	Z3	Z1	Z2	Z3	Z1	Z2	Z3	lifting only	TOTAL
M 27	01:25:00										01:25:00
T 28	01:25:00										01:25:00
W 29	01:25:00										01:25:00
T 30 - CLS CAMP				01:15:00			00:10:00				01:25:00
F 31 NO CALLS	01:25:00			03:29:00			00:40:00				05:34:00
S 1	01:25:00			03:04:00			00:20:00				04:49:00
S 2				05:30:00			00:20:00				05:50:00
Totals >	07:05:00	00:00:00	00:00:00	13:18:00	00:00:00	00:00:00	01:30:00	00:00:00	00:00:00	00:00:00	21:53:00
% of week >	32%	0%	0%	61%	0%	0%	7%	0%	0%	0%	which is
3 Feb 2014	SWIM TOTAL =			BIKE TOTAL =			RUN TOTAL=			Gym	DAY
Build	Z1	Z2	Z3	Z1	Z2	Z3	Z1	Z2	Z3	lifting only	TOTAL
M 3 NO CALLS				04:30:00			00:40:00				05:10:00
T 4 NO CALLS				07:10:00			00:20:00				07:30:00
W 5 NO CALLS	01:00:00			03:00:00			01:35:00				05:35:00
T 6 NO CALLS				01:01:00							01:01:00
F 7 BACK											0
S 8	01:25:00										01:25:00
S 9											0
Totals >	02:25:00	00:00:00	00:00:00	15:41:00	00:00:00	00:00:00	02:35:00	00:00:00	00:00:00	00:00:00	20:41:00
% of week >	12%	0%	0%	76%	0%	0%	12%	0%	0%	0%	which is

Scott's Diary Feb 2014 back to it building to IM Lanzarote

# Vicky: 275h in 16 weeks

4-Nov-13	14:20:00							
11-Nov-13	15:40:00							
18-Nov-13	16:14:30							
25-Nov-13	14:19:00	17:45:00	22:45:00	13:48:30		97%	2%	1%
2-Dec-13	16:33:00							
9-Dec-13	15:15:00							
16-Dec-13	14:43:00							
23-Dec-13	12:30:00	15:00:00	21:37:00	14:44:00		98%	1%	1%
30-Dec-13	13:34:00							
6-Jan-14	17:37:00							
13-Jan-14	14:56:00							
20-Jan-14	21:40:00	20:45:00	23:55:00	14:07:00		97%	2%	1%
27-Jan-14	29:05:00							
3-Feb-14	18:33:00							
10-Feb-14	17:55:00							
17-Feb-14	21:55:00	26:48:00	41:20:00	13:05:00		98%	2%	0%

Vicky's Diary totals for Winter 2013-2014

# 9. Use groups, terrain and facilities to help YOUR training

- **Vicky - added Vasa Trainer; more over geared INTS**
  - wetsuit swims, SFT big sessions, bike time trials spring; run HIT on cycle track
- **Scott - uses best swim, bike and run groups**
  - unlike AG'ers, this IS what he needs; Altitude tent; blood “profiling”
- **Chris - softer run options; specific Treadmill sessions**
  - run with slower runners; TT 10, 25, 50-miles; pick key races

# 10. They are not afraid to experiment. Or ask questions.

- **Vicky - healthy skepticism - but learned benefits of “trying”**  
- e.g. feeding rates, aero equipment, adaptation weeks.
- **Scott - Wants the summary of what to do (not every detail)**  
- e.g. L-Carnitine loading; tire tweaks; pre-race dieting.
- **Chris - Ok I’ll try it. And often reads research too.**  
- knows that the bread & butter training gets you PB’s.

You never know where things lead...



Scott at Club La Santa swim camp 1994 “tries” a triathlon...

# Questions & Answers

Contact via [JBST.com](http://JBST.com)  
or TwoTwenty Magazine

