

TRAINING for IRONMAN

Learning from some winners

Keynote at 220 Tri Show 2014

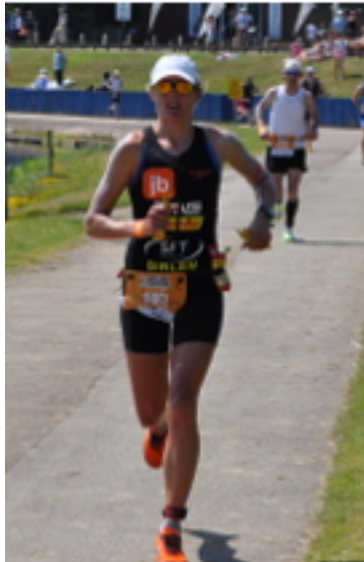




220 Mag contributor Since 1991

PowerBar user Since 1990

Scott user Since 1989



Vicky Gill

1st Outlaw 9h50

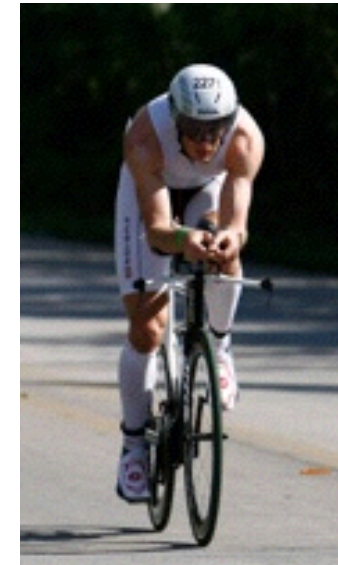
Outlaw Half 4h40



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
or TwoTwenty Magazine

