



Training Plan – January 2008

We have developed a training program specifically geared to help you to perform your best at Ironman Calgary 70.3 on August 2nd, 2009. This training program has been developed as a collaborative effort of the Personal Best Faculty. Our basic philosophy for the program is to ensure that you have enough training volume to RACE the Half Ironman distance without all of the excessive training volume often prescribed in other endurance training programs. You will find that there are NO JUNK MILES in this program, in fact we believe this will be the minimum recommended volume to comfortably complete the distance, as it is our belief that, although we all love to swim, bike and run, none of us have time to waste away from our loved ones and other responsibilities.

We have just included the training program for January 2009 as we want you to check back on a monthly or more frequent basis for updates, new information, specific direction and to provide feedback on how things are going. The focus for this month is to provide base conditioning (the foundation) and to get you used to following a structured training program.

In developing the training program we have made several assumptions. One assumption is that, although swimming may not (yet) be your strong suit, you can swim. We have also assumed that you have a good athletic base and are capable of starting the program with 4-5 hours of training per week. We have also assumed that you have completed at least one sprint distance triathlon in the past. If you haven't, it just means that you need to do some background reading. Although we have tried to use no jargon, some of the terms and concepts may be unfamiliar to you.

Each month we will provide a schedule of workouts by day. If the specific days do not align well to your life schedule, don't worry. Take the day off that most suits your schedule, swim on the days that are best for you; just try to get in all the recommended workouts each week.

Our intent during this first month of training is to get you active, to get you (re) accustomed to following a training program, to fall into a training routine and start absorbing the demands of some workouts consistently. Below are three "Key Workouts", one for each discipline, we would like you to incorporate the three workouts each week and have suggested on which day we recommend you do them; however, this is flexible based on your schedule.



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January		Focus – Developing base conditioning			
	Swim	Bike	Run	Strength & Core	Cross training
Mon		45 mins easy		30 mins	
Tues	1 hour easy		45 mins Key Workout		
Wed		45 mins Key workout		30 mins	
Thurs	1 hour Key Workout		45 mins easy		
Fri	off	off	off	off	off
Sat		1.5 hr base or cross train			1 hour or more – cross country skiing is great
Sun			1 hour base or cross train		1 hour or more

Key Workouts:

Swim - 700 m warm-up as 100 Swim; 300m (100 k, 100 drill, 100 swim); 6x50m build (15 second Rest Interval). Then take a full 2 minutes rest. Then test yourself with a 400 m swim @ race pace. Divide by 4 to calculate your T-100 time. We will use this in future workouts. Do this work out twice this month.

Bike – warm-up 15 minutes easy; then ride 4 x 3 mins (as 1 min regular cadence, 1 min +10rpm, 1 min + 20 rpm) with 1 min easy in between the 4 reps. Ride 15 mins @ 70-75% for rest of ride.

Run – warm up very easy 15 mins, then run 20 mins checking cadence every 5 mins. To check cadence, count one leg for 15 secs. Aim for a count of approx. 22 (which = 88 strikes per min). Jog or walk for 5 mins to cool down.

Core/Strength – we will provide a more detailed workout routine next month. For January, just try to get back into the habit of stretching after your workouts and doing some sit-ups and push-ups. If you have a gym membership, try doing some squats with just the bar or other light resistance training (with no weight). A yoga session would also be a great option.

