Half-Ironman Specific Training

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Keys to season success

• Long term planning and goal-setting
• Development of strong aerobic conditioning (base training)
  – Consistency and frequency, then duration
• Rest and recovery periods
  – Avoid injury and burnout
• Improvement of lactate (anaerobic) threshold / power threshold (build / race prep training)
• Race specific intensity workouts & simulations
General principles

Training Overview - Periodization Model w Intensity

Week (20=race)

Base period
build period
peak/taper

Hours of training
Total Hours
Intense Hours
General principles

Training Overview - Consistency Model w Intensity

Weeks (20 = race)

Total Hours
Intense Hours
• Ironman / Endurance <75% threshold (AT)
• Beginner Half-Ironman 70-80% threshold
Intermediate-Advanced Half-Ironman 80-87% threshold (tempo)
• Olympic distance 85-95% threshold (sub-threshold)
• Sprint 90-100% threshold (sub-to at-threshold)
• Anaerobic lactate threshold can be found by a 30min-1hr time trial all out effort
General guidelines

• New athletes should avoid high intensity sessions for several weeks, if not through the entire program
• Older athletes need more recovery time
• Younger athletes need less recovery time
• Optimized body composition is helpful
• A nutrition plan is a must
Beginner vs. advanced

• Beginners
  – focus on building endurance – more base/aerobic training
  – Spend more time working on your weakness

• Advanced athletes
  – Race specific intensity
  – Lactate threshold training
  – Maintain aerobic base
Enjoy your sport!
Recommended tools

- Proper bike fit
- Aerobars, aero helmet, aerodynamic wheels
- Heart rate monitor
- Bike power meter
- The right kind of running shoe for you
- Some sort of training plan
Base period – key concepts

- Develops the aerobic energy system
  - Increased blood flow
  - Increased cellular adaptations
- Improves muscle coordination and repetitive patterns (re: practicing form drills)
- Increases connective tissue strength and durability
- Increases muscular strength and endurance
- Allows for a higher starting point for anaerobic energy system takeover
Build period – key concepts

• Develop/improve muscular endurance system
• Improve lactate threshold (LT2) / functional power threshold (FTP)
• Develop mental toughness 😊
• Key workouts are race specific intensity workouts and some threshold sessions
• Maintain aerobic fitness
• Maintain form and core strength exercises
• Finalize nutrition plan
Peak/taper period – key concepts

• Decrease total training time
• Maintain some race specific intensity sessions
• Focus on rest and recovery from training season
• Rehearse race day plan
• Execute according to plan on race day!
Stay calm!!!
Sample key workouts

- **Base period**
  - 40-60 mile ride at 65-75% threshold
  - 1-1.5 hour run easy-comfortable pace
  - 8 x 200 swim moderate on :20-30 rest

- **Build period**
  - 55m bike w 1.5hr @ 80-88% threshold – 4/5 mile run build to mod-hard
  - 12mile progression or negative split run (faster end)
  - 3 x (15/20m bike – 3m run) progressively harder
  - 4 or 5 x 500 swim mod-hard on :30
General race nutrition guidelines

• 1.75-2.5 cal / hour per lb bodyweight on bike
• 1-1.5 cal / hour per lb bodyweight on run
• 20+ oz fluid per hour
• 300-800mg sodium / hour on bike
• 200-500mg sodium / hour on run
• Must be ready to adjust on game day
Post race nutrition
One Step Beyond is a multisport coaching company based in Cary, North Carolina. Coaches Marty & Brianne Gaal and Daniel Scagnelli provide online training programs, group coaching sessions, and individual training sessions to athletes of all levels.

Marty Gaal is certified with USA Triathlon, US Masters Swimming, USA Track and Field, and is a NSCA Certified Strength and Conditioning Specialist. He began swimming competitively in 1981, raced his first triathlon in 1989, and has been coaching triathletes since 2002.


You can read all about One Step Beyond services, programs, and athletes at www.osbmultisport.com.