

# DO IRONMAN WITHOUT GETTING DIVORCED!

programmes to help you on your way...

## TERMINOLOGY

**Brick:** A combination of two sessions, following each other with limited rest. In this case, our brick will always be a cycle followed within 5-10 minutes by a run session.

**Drill:** This programme is to be used with form and style in mind. The emphasis is on efficiency, rather than speed or endurance. The programme is to be done with a relatively high degree of concentration and will help make you a better athlete.

**Eas:** This is short for easy and is done at a sedentary pace. Get in the prescribed distance and don't worry about how fast or far you have gone.

**Mod:** A moderate session is somewhere between easy and hard. A HR monitor will help you determine which zone to train in.

Easy zone +/- 110bpm - 139bpm  
 Mod zone +/- 140bpm - 169bpm  
 Fast zone +/- 170bpm - 190bpm

This will be different for all individual based athletes, so if you are not sure, go back to the suppliers of the HR monitor and ask them for advice.

**Fast:** The emphasis here is on fast workouts, with plenty of rest in between.

**Spin:** We are all familiar with the spin studio down at our local club, so doing this on a road bike is no different.

### SWIM PROGRAMMES

#### DRILL PROGRAMME

8 x 50m easy swimming  
 16 x 25m (do one left arm swim, then alternate and do a right arm swim)  
 4 x 100m kicking, rest 30 secs between each 100m  
 8 x 100m swim easy, concentrate on arm pull under water (rest 30 secs between each)  
 200m easy  
 8 x 50m lift head above water for 3 strokes, then in the water, learn to look forward with head above water whilst still swimming forwards (this is important for open water swimming navigation), rest 30 secs between each 50m  
 8 x 25m sprints, rest 20 secs between each

#### MODERATE PROGRAMME

A) 6 x 500m swimming, rest 1 min between each set:  
 • 1 to 3 is a build up, so record your time for each, but they must get faster  
 • 4 to 6 same as above  
 or  
 B) 8 x 400m, same format as A above  
 or  
 C) 3 x 1km swimming at moderate pace, time to get faster per km, rest 2 mins between each

#### FAST PROGRAMME

400m swim easy, 200m kick easy, 400m pull buoys easy  
 20 x 50m, max effort for 50m, rest 30 secs between each, after 10 rest a full 2 mins  
 200m easy  
 10 x 100m, fast effort at race pace, rest 1 min between each  
 200m easy  
 8 x 25m sprints, all out effort, rest 30 secs between each, rest 2 mins after every four sprints

### BIKE PROGRAMMES

Everybody can do easy bike programmes. The moderate session would be done in zone 2 (i.e. heart rate at +/- 140bpm - 169bpm).  
 A fast session or interval session would be a time trial, or road race. You are racing above your normal threshold and are only really done when you are fully recovered and ready for this hard session.

### RUN PROGRAMMES

These sessions fall along similar lines to the bike, easy runs are for recovery and are aimed at getting the distance done.  
 A fast session would be your typical club time trial of 8km and the moderate run would be a road race of 21km plus.  
 A drill session for the run would be intervals of 1km or more, where we look at your running efficiency and trying to maintain your form through the stride pattern.



**KNOW THE COACH - GLEN GORE'S FACT FILE:**

TRIATHLON CAREER SPANNING 1988 – 2009  
12 TIMES SOUTH AFRICA TRIATHLON CHAMPION  
5 TIMES ALL AFRICAN TRIATHLON CHAMPION  
COMRADES 90KM ULTRA RUNNER, PB OF 6:28  
MARATHON PB OF 2:37  
10KM PB OF 31MINUTES  
4 TIMES INTERNATIONAL IRONMAN TOP 5 FINISHER  
IRONMAN PB OF 8:34  
ONE OF THE WORLD'S FASTEST IRONMAN TRIATHLON SWIMMERS  
ITU WORLD CUP RACER 1995 - 2006  
NATIONAL COUNTRY REPRESENTATION IN SWIMMING, DUATHLON,  
TRIATHLON AND SURF-LIFESAVING

PLUS  
NEW ZEALAND TRI COACHING ACCREDITED  
MULTISPORT COACH SPANNING 12 YRS ACROSS ALL DISCIPLINES/  
ALL LEVELS

## nutrition

Try this little recipe and I am sure that you will have enough fuel to finish strongly at a half ironman event. This is my secret recipe that has taken me almost 20 years to perfect. It may not work for everybody, but it goes a long way to helping you sustain the energy levels needed for a good result.

### PRE RACE DINNER

Go large!! Pasta, pizza and the like, a full belly at around 5pm (no later) will store up the fuel reserves you will draw on the following day. If you're still hungry at bedtime, a small energy bar snack should crack the nod!

### PRE RACE BREAKFAST

Eat breakfast a minimum of 3 hours before the race starts. I know it's an early start, but chances are you're nervous and awake anyway. The usual toast with honey or water based cereals should do the trick. Your tummy should still feel content from the binge the night before, so do not go over board. Avoid dairy and banana's

(Banana's are a bad source of fuel as they dissolve really slowly and that could upset the stomach with all those digestive juices floating around).

### ACTUAL RACE

The Bike Leg - 1 bottle of 750ml isotonic/carbo drink and 1 bottle of coke (750ml) for the bike. No more than that is needed. You can always re-stock at the water points with an additional glut or two of water if it's really hot.

2 energy bars cut up into pieces and stuck onto the cross bar of your bike. An additional 3 energy gels in the back pocket completes the package for the bike.

If you're a little bit peckish, then eat half an energy bar within 45 minutes of race start. Drink 500ml of water 20 minutes before race start.

Once you hit the bike, drink the isotonic drink at regular intervals (small sips) and eat a piece of energy bar every 10 – 20 mins depending on how fast you are riding. Once you hit the last half of the bike (45km) then switch to coke

on the bike and the gels you have, take one immediately with water and then save the last one with 20 minutes to go.

Now for the run leg... You will want to carry at least 3-4 gels with you plus have a 500/750ml bottle of coke waiting for you in transition. Down one gel and drink the entire bottle of coke, before you start running. You can walk whilst you do this, but only start to run once the coke is finished.

Now for the tricky part, you will need to take a sip of coke at each water table to ensure that your sugar levels remain constant. If you do not do this and miss a turn of coke at the aid stations, you will more than likely hit the wall. Once you spike the sugar levels (as we have done off the bike in transition before the run start) you need to maintain those sugar levels.

If you're still unsure about my magical recipe, then use it during a training session or prep race. It's worked for me and the athletes I coach, dozens of time. It's going to work for you, TRY IT!

# IRONMAN TRIATHLON TRAINING PROGRAMME

## finish in under 17 hours

		MON	TUE	WED	THURS	FRI	SAT	SUN	Totals	
1	SWIM	REST	2.5km drill		2.5km fast		2.5km mod		7.5km	
	BIKE			30km eas		20km eas	50km eas		100km	
	RUN		7km eas		7km mod			16km eas	30km	
2	SWIM	REST	2.5km drill		2km fast		2.5km mod		7km	
	BIKE			40km drill	30km eas	55km mod		125km		
	RUN		7km eas		7km mod			21km eas	35km	
3	SWIM	REST	3km drill		3km fast		3km mod		9km	
	BIKE			45km mod	20km spin	70km mod		135km		
	RUN		10km eas		12km eas			25km eas	47km	
4	SWIM	REST	1.5km drill		3km fast		Brick 50km eas ride followed by 6km eas run	REST	4.5km	
	BIKE				20km spin	30km eas			100km	
	RUN		7km mod	7km drill					20km	
5	SWIM	REST	3km drill	REST	1.5km eas	REST	3km mod		7.5km	
	BIKE				30km mod			90km mod		120km
	RUN		8km eas						25km eas	33km
6	SWIM	REST	3km drill		3km fast	REST	3.5km eas		9.5km	
	BIKE			40km eas			100km eas		140km	
	RUN				8km mod			30km eas	38km	
7	SWIM	REST	3km drill		3km fast	REST	3.5km mod		9.5km	
	BIKE			40km drill			110km eas		150km	
	RUN		6km eas		12km eas			30km eas	48km	
8	SWIM	REST	3km drill		3km fast	30km eas	brick 60km eas ride followed by 10km eas run	REST	6km	
	BIKE								90km	
	RUN			12km mod						22km
9	SWIM	REST	3km drill			REST	3km fast		6km	
	BIKE		20km eas		20km mod			120km eas		160km
	RUN			6km eas	7km mod				25km eas	38km
10	SWIM	REST	3km drill		3km fast	REST	3.5km eas		9.5km	
	BIKE			30km eas			140km eas		170km	
	RUN				8km mod			30km eas	38km	
11	SWIM	REST	3km mod		3km fast	REST	3.5km eas		9.5km	
	BIKE			30km drill			150km eas		180km	
	RUN		10km eas		10km mod			35km eas	55km	
12	SWIM	REST	3km drill		3km fast	30km eas	brick 130km eas ride followed by 15km run	REST	6km	
	BIKE			30km spin					190km	
	RUN			8km mod					23km	
13 taper	SWIM	REST	REST	REST	1km mod	5km mod	1.5km eas		2.5km	
	BIKE				20km mod			60km eas		80km
	RUN								8km eas	13km
14 taper	SWIM	REST	REST	500m fast		REST	200m eas	RACE DAY!!		
	BIKE				15km fast	REST	10km eas			
	RUN				3km fast	REST	1km eas			