

Ironperson Training by Brad Stokes

Session 1 – (Pre competition Phase) Aerobic

Run – Board – Run

Run approx 150m

Board approx 4-6 min

The above set x 3 to 4 times with 2 min rest

Session 2. Ironman Transition – Aerobic / Anaerobic

+ courses should be approximate race distance

1 x course warm up

1 x course – extended run legs – water legs aerobic run legs anaerobic

1 x course – anaerobic threshold 80-85%

1 x course warm down

Skills to finish

*Rest after each course 3-5 mins

Session 3. Ski – Aerobic / skill

2 x 10 minutes – low intensity (technique)

8 x 4 min aerobic – last 30 sec increase speed approx 80-85% - *2 min rest

Warm down skills in/out break

Session 4. Board – lactate

3 x 6 min warm up

5 x 1 min – 80-85% - (30 sec rest)

Min Set – 6 x 30 sec – 1 min rest

6 x 30 sec – 45 sec rest

6 x 30 sec – 30 sec rest

Warm down should be around 15 mins – must be active to remove lactate

Session 5 Ironman – Aerobic / Starting Skills

1 x course approx race distance – easy, low intensity

4 x courses as above with extended run legs – approx 150m

+ Rest period 2- 4 min

Session 6 Board Anaerobic Threshold

Warm up 5 x 2 min – must be on knees – 1 min rest

5 x 8 min – anaerobic threshold 80-90% (constant pace) and rest 2 mins

10 min easy warm down

7. Ski Aerobic Low intensity recovery

Easy 1 to 1 1/4 hour paddle, concentrating on technique

8. Ironman – Anaerobic Threshold

1 x 4 min ski
1 x 4 min board
1 x 4 min swim } warm up – 2 min rest between each

4 x courses Race distances – 80-90% constant pace

+ 3-5 min rest