

SMITH'S ESSENTIAL SESSIONS

THREE INDISPENSABLE SWIM/BIKE/RUN SESSIONS FROM THE SMITH COACHING LOCKER THAT'LL HAVE YOU READY TO RACE 226KM COME SUMMER 2015

Although long-distance athletes may have a slightly different race-day approach to those competing in the shorter, more dynamic distance events, the ideology in training should be similar. The belief that long-distance racers should just train slow and steady is, I believe, wrong. The need to incorporate long periods at race intensity, and slightly above, is a must. Here are three key sessions for athletes going long. All of these should be adapted to fit the individual's pacing and fitness.

ELITE
ADVICE

PERCEIVED EXERTION CHART

Follow the suggested 'perceived exertion' (P/E) rating for each session to peg your training efforts correctly.

- 0 NOTHING
- 0.5 VERY, VERY LIGHT
- 1.0 VERY LIGHT
- 2 LIGHT
- 3 LIGHT TO EASY
- 4 EASY TO MODERATE
- 5 MODERATE
- 6 MODERATE TO MODERATELY UNCOMFORTABLE
- 7 MODERATELY UNCOMFORTABLE TO MODERATELY HARD
- 8 HARD
- 9 VERY HARD EFFORT
- 10 AT OR CLOSE TO MAX EFFORT



SESSION 1: SWIM

» Aim
To swim at and above Ironman pace for an extended distance and/or time. This swim will be a good indicator of whether the race pace set is a realistic one. It also acts as a good form indicator if you do this set rested.

» Warm-up
500m at P/E 3.
Pre-set 4 x 50m. Slowly increase intensity. By end of 50m, P/E 6-7 with 10secs rest. Rest until heart rate has recovered before commencing main set.

» Main set
1,000m straight at your intended Ironman pace. Take a time split for 1,000m. 50m recovery at P/E 1-2. Rest 1min.
10 x 100m at 5-10secs above Ironman race pace per 100m. 10secs rest between each 100m. 50m recovery at P/E 1-2. Rest 1min.
1,000m straight at slightly above Ironman pace (30-45secs per 25m). Take a time split for 1,000m. This should be faster than your first 1,000m straight.
100-200m warm-down. Do not rush the recovery. Use the time wisely to prepare yourself for the next set.

» A pool session with all the intensity of the real thing is a crucial rehearsal for the 3.8km long-distance swim



IMAGES GETTY

SESSION 2: BIKE/TR

(TRANSITION RUN)

» Aim
If you're looking to see how your training is progressing or wish to test your pacing strategy for the longer distance, this is always a good session. If possible, this should be done on terrain similar to what you'll be facing come race day. Do the below twice, so a total of 5:30hrs. Try to do the second round as close to or even a little more powerfully than the first. It's a long day; don't spend all of your money on the first round. Let's get stronger as the ride progresses. If the legs aren't cooperating, do your best to stick within a relatively close proximity of your race numbers/pacing. Finish the whole ride before performing a transition and 45min run.

» Bike warm-up 45mins
45mins. Find your rhythm. Warm up at P/E 2 and move to P/E 5 by the end. Nothing more. Slightly lower gears, just turn the pedals over. In the second round use the 45mins as aerobic recovery.

» Bike main set 1hr
45mins sustained race pace at 85-90RPM. (Wattage is probably the best way to measure intensity/pacing, but if that isn't an option, heart rate coupled with P/E is a good indicator).
15mins recovery. Smaller gears 95RPM (P/E 2-4), keeping upper body still. Allow recovery time before the next hour commences.

» Bike intervals 1hr
3 x 20mins, above race-pace intensity
15mins at approx 5% above race pace (85-90RPM).
5mins recovery. Smaller gears 95RPM (P/E 2-4). Keep upper body still.

» Run warm-up 5mins
Transition into a 45min run within 10mins of finishing the bike on flat terrain.

Start with a warm-up of 5mins before leading into the main set.

» Run main set 40mins
4mins at Ironman pacing + 1min easy jog recovery. Let heart rate recover. 4mins at 5-10secs per mile above IM pacing, with 1min easy jog recovery. Again, let heart rate recover. Repeat four times.
2-3mins jog to warm down.



» Test how well you're heading to your 180km race-day target with this 5hr+ session

SESSION 3: RUN

» Follow these steps and you too could make it to the finish line of Ironman UK

» Aim
2:25hr run to test your pacing strategy and endurance. Do the majority on harder surfaces of flat to rolling gradient.

» Warm-up 30mins
15mins at P/E 2-3. Don't rush this, as pace isn't important.
15mins at P/E 4-5. Build slowly. Again, don't rush this.

» Main set 90mins
90mins at Ironman race pace to slightly faster (increase by 5-10secs max per mile).

» Intervals 20mins
Add 5 x 3mins at 15-20secs faster than Ironman pacing, with 1min jog recovery between each 3min effort. 5mins jog to warm down. Concentrate on holding form with no over-striding or rolling the upper body. Think about what you're doing, especially when tired.

» Nutritional pointers
Consume a gel at around 45 and 90mins, with fluids (water/electrolyte mix) throughout. Have protein within 20-30mins of the run's completion.



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