**Scott Proscia ATC, MEd**

**IREP Athletics LLC**

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IRONMAN 140.6 Plan(30 weeks)

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This is Training Plan runs for a total of 30 weeks. This plan starts with an initial baseline testing week (4 days/week) followed by a 4 week base training (5 days/week) development plan that targets the following key components of the athletes physiology:

* **Aerobic Efficiency**
* **Skill Development**
* **Muscular Strength**

**An athlete using this plan should have the ability to:**

* Run continuously for 1 hour, bike continuously for 1.5-2hours, and Swim 1000 Meters continuously
* Be Injury Free
* Be able to exercise vigorously

**Plan Highlights**

This plan is set up for the traditional athlete that has big training weekends. The maximum ride is 100 miles (which we will do multiple times) and run up to 2hrs and 50 minutes in preparation for your event. We strategically use Brick workouts after the base phase as the specificity of training increases.

**Base** – Just like it sounds this is the foundation of all our plans. The phase includes the key building blocks for the development of skill and technique with neuromuscular efficiency, aerobic efficiency, muscular strength, with an emphasis on upregulating the physiological parameters to improve body composition, lactate tolerance, mitochondrial density and glycogen reserves. Base training starts at 10.43hrs/wee and progresses to 14.78hrs/week in week 10. There are strategically placed rest and test weeks throughout the base period to check fitness improvement and to adjust training zones accordingly.

**Build** – We continue to develop elements from the base phase of the training cycle but start to include elements for event specific preparation. Frequency and duration of intensity will increase along with specificity of workouts. Training in this period ranges from 12.6hrs/wk to 19.53hrs/wk. There are strategically placed rest and test weeks throughout the base period to check fitness improvement and to adjust training zones accordingly.

**Peak** – This training time period has the most influence on the performance at the target event. The athlete training program will be very specific to the demands of the race and will include research based concepts for elevating to the highest level of fitness putting a razors edge on the athlete’s fitness. Training week duration ranges from 18.26hrs/wk to 19.36hrs/wk. There are strategically placed rest and test weeks throughout the base period to check fitness improvement and to adjust training zones accordingly.

**Taper** – The taper is all about finding balance in the trade of fitness for freshness. We follow principles of an exponential taper where training frequency is maintained, Overall stress is strategically reduced and intensity is slightly increased. The longer the key event the shorter the taper as the trade for fitness for freshness leans heavily on the fitness element and vice versa the shorter the event the longer the overall taper.

**Race Plan** – Comprehensive and detailed race execution strategy with embedded content to have you ready from transition set up to your finisher picture

**Questions?** Please visit [TheTrainingPlanSource.com](http://thetrainingplansource.com/) or for performance and endurance questions email Coach Scott at: Scott@irepathletics.com and for Injury Management, Weight Loss, and Strength questions email Coach Anthony at: Anthony@irepathletics.com

**Training for another race, trying to improve strength, lose weight, or dealing with a nagging injury?** Visit [thetrainingplansource.com](http://thetrainingplansource.com/) for all of your training and fitness needs.

