



Terms & Conditions

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The following are the Terms & Conditions for ironguides coaching programs, training plans and subscriptions.

Email Correspondence

Access to email correspondence varies according to the terms of each Coaching Program, as follows:

Ongoing Monthly Coaching

- Unlimited, athlete-initiated emails
- Your coach will "check in" on you if you have not recently updated him on your training status (with the understanding that different athletes are comfortable with different levels of contact).

Fixed Term Program Coaching

(6-week Sprint, 8-week Olympic, 12-week 70.3 and 16-week Ironman Coaching Programs):

- Once-weekly athlete-initiated email (anytime)
- Your coach will *not* initiate email contact.

Event Training Plans

(8-week Sprint, 12-week Olympic, 16-week 70.3, 20-week Ironman Training Plans):

- pdf Training Plan for training duration
- No email contact provided. Please refer to the ironguides forum for support. ironguides.net/forum

Monthly Training Subscription

(\$39/month 3-month Ongoing Subscription)

- Online plan only, updated monthly
- No email contact provided. Please refer to the ironguides forum for support. ironguides.net/forum

Training Routine and Investment

When you enter into an ironguides Coaching or Training Program, you are investing not only your money but also your energies into your training. This commitment to train means you are engaged to follow the guidelines of your Training Program to the best of your abilities. ironguides is not accountable for race performances by athletes who do not follow their program contents and guidelines. We provide feedback via email to our Coaching Program athletes to ensure that the negative impact of disruptions to their training is kept to a minimum. Training Plan or Subscription clients can use the ironguides forums for



Terms & Conditions

information about more general training questions.

[\[Training Guidelines\]](#)

- Ongoing or Fixed Term Coaching Program athletes are expected to inform their coach of changes in their status that compromise their training for longer than one week.
- Training Plan or Subscription athletes are expected to read and follow the guidelines regarding additional rest, adaptation to their program, or recovery from training.
- As an ironguides client, we provide you with a training program designed to get you to the finish line faster. Our coaching expertise ensures Coaching Program clients that training adapts itself to changing conditions or circumstances if or as warranted.
- ironguides' unique training approach The Method is different. We pride ourselves on an approach that emphasizes both aerobic conditioning and motor skills acquisition. This means that our simplified but highly effective Coaching Programs *do not* provide you with regular, monthly Training Plan updates. All Training Plan updates are based on your coach's experience and best judgment for your situation as the athlete in question. Training updates may occur after a few short weeks or after several months.
- We expect our athletes to follow our advice and instructions.
- We welcome Coaching Program athlete requests to clarify the nature and purpose of specific sessions or broader plan structure.

Payment & Contract Terms

Ongoing Monthly Coaching

- You receive a custom-tailored Training Plan and unlimited email contact.
- 300 USD/month for Head Coach Marc Becker
- 190 USD/month for Coach Vinnie Santana
- Skype or telephone coaching available at 1.50 EUR/minute.
- Payment is quarterly, paid one month in advance.
- eg. Your first payment covers your initial setup fee and initial four installments: Months 1-3 of Quarter 1, and Month 1 of Quarter 2. Your second payment covers Months 2-3 of Quarter 2 and Month 1 of Quarter 3, and so on.
- Cancellations are one month in advance. This means you are liable for one month of coaching fees at the time you announce your intention to cancel. This ensures we can properly detrain you and provide exit advice. There are physical repercussions to sudden halts in regular training.

Fixed Term Program Coaching

(6-week Sprint, 8-week Olympic, 12-week 70.3 and 16-week Ironman Coaching Programs):

- You receive a standardized Training Plan and access to your coach with one email per week.
- 20 USD/per week
- Payment is in advance, in full.
- Skype or telephone coaching available at 1.50 EUR/minute.



Terms & Conditions

Event Training Plans

(8-week Sprint, 12-week Olympic, 16-week 70.3, 20-week Ironman Training Plans):

- Payment is upon purchase.
- Your Training Plan is sent to you by email within 48 hours after purchase.

Monthly Training Subscription [more]

(\$39/month 3-month Ongoing Subscription)

- Payment is upon subscription.
- Your payment covers the current month of training to the end of the third plan to which you receive access.
- eg. If you subscribe on May 15, you receive access to the Online Training Plan "The Monthly Method" until the end of July (you receive May, June and July training plans access).
- Your login ID and passware are sent to you by email within 48 hours after purchase.

Copyright

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Acceptance

Payment for Ongoing Coaching, Fixed Term Coaching, an Event Training Plan or a Monthly Training Subscription constitutes acceptance of the above terms.

Adding Volume to the ironguides Online Method Training Program

Once you are up and running and in sync with the ironguides Online Method Training Program it's easy to begin preparing for longer races such as 70.3 or even Ironman. However, because each Age Group



Terms & Conditions

athlete's personal situation is different and circumstances vary so significantly, it is not in scope or possible here to provide precise instructions.

Rather, follow these rules to incorporate the ironguides Online Method Training Program into your race preparations.

70.3 or half Ironman

You will need to focus more on the Endurance System during training to prepare for your race.

Beginner

Bike

- About 8 weeks out from your objective, start increasing the weekend long cycle. Aim to regularly complete 3-4 hours in the weeks 8 to 5 weeks out from your race.
- Build up and aim to complete a very easy 4-hour bike ride two weeks out and four weeks out from your race. Three weeks out do a hard 3-hour bike.
- Follow each ride with the standard weekend run you see on the ironguides Online Method Training Program.

Run

- Starting 8 weeks out from your race, build the weekend run (continue using the treadmill on alternating weekends, or for the back half of your run) to 90min by four weeks out from your race.
- Aim to complete a 90min run on Sunday during weeks 4 to 2 out from the race.

Experienced

Bike

- About 8 weeks out from your objective, increase the weekend long cycle to regularly complete a 4 hour bike ride in the weeks 8 to 5 weeks out from your race.
- Ride the final hour of the effort Hard - but start Easy. Always finish stronger than you start!
- Build up and aim to complete a very easy 5 to 6-hour bike ride two weeks out and four weeks out from your race. Again, ride the final hour of the effort Hard - but start Easy, and remember to always finish stronger than you start! Three weeks out do a hard 3-3.5 hour bike. The week prior, keep your ride easy and flat, but keep the volume to an easy three hours.
- Follow each ride with the standard weekend run you see on the ironguides Online Method Training Program.

Run



Terms & Conditions

- Starting 8 weeks out from your race, build the weekend run (continue using the treadmill on alternating weekends, or for the back half of your run) to 105-120min by four weeks out from your race.
- Aim to complete a 105-120min run on Sunday during weeks 4 to 2 out from the race.

Ironman

Starting 12 weeks out from your race, you will need to focus on the Endurance System during training to prepare for your race. Because Ironman is a highly complex endeavor, it is not within the scope of this program to prepare you specifically for an Ironman triathlon. However, the speed and longterm consistency of Method Training applies equally well at the longer distances, and by increasing your training using the following guidelines you can adequately prepare to complete an Ironman event.

Beginner

Bike

- About 12 weeks out from your objective, start increasing the Saturday long bike.
- Aim to bike for 5-6 hours by Week 9 before the Ironman.
- In Weeks 8 - 5 prior to the Ironman, aim to complete an easy 5-6 hour bike each Saturday. Take the fourth of these weeks easy to recovery.
- In Weeks 4 - 2 prior to the Ironman, aim to complete a 5 hour bike each Saturday, but finish with the final hour Hard. Make sure you start easier than you finish!The final week follow the taper guidelines.

Note: It is highly advised to followed a custom training program for the 12 - 16 weeks prior to an Ironman event to ensure specific and successful periodization for the event.

Run

- Starting 12 weeks out from your race, build the weekend run (continue using the treadmill on alternating weekends, or for the back half of your run) to 120min by 8 weeks out from your race.
- In Weeks 8 - 5 prior to the Ironman, aim to complete an easy 120min run each Sunday. Take Week 5 easy to recovery.
- In Weeks 4 - 2 prior to the Ironman, aim to start with a 135min run and reduce it by 20min each Sunday, as follows:
 - Week T-4: 135min
 - Week T-3: 115min
 - Week T-2: 95min - finish with 20min Hard
 - Week T-1: 45min easy jog

Note: It is highly advised to followed a custom training program for the 12 - 16 weeks prior to an Ironman event to ensure specific and successful periodization for the event.

Experienced

Bike



Terms & Conditions

- About 12 weeks out from your objective, ride 5-6 hours every Saturday. Ride the final hour Hard.
- Aim to bike for 5-6 hours for 8 weeks.
- At Week 4, revert back to the Method Online Training Program, but keep your Saturday bike to 4-4.5 hours, with the final 1-2 hours Hard.
- Two weeks out from the Ironman, ride 6 hours long and easy.

Run

About 12 weeks out from your objective, run 2 to 2.5 hours every Sunday. Negative split the run (use the treadmill). Add volume to your mid-week increasing Tempo run.

At Week 4, revert back to the Method Online Training Program, but keep your Sunday run to 2 hours, keeping it easy.

Two weeks out from the Ironman, run 90min tempo (or do a sprint or Olympic distance race or equally hard effort of similar duration).

Note: It is highly advised to followed a custom training program for the 12 - 16 weeks prior to an Ironman event to ensure specific and successful periodization for the event.