



Adding Volume

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 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.



Adding Volume

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



Adding Volume

- 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



Adding Volume

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

- 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.



Adding Volume

- 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.