

1.你准备好成为一位铁人吗?

2. 关于游泳

3. 跑步训练

4. 训练的基本原则

5. 训练的基本要素

6. 训练计划

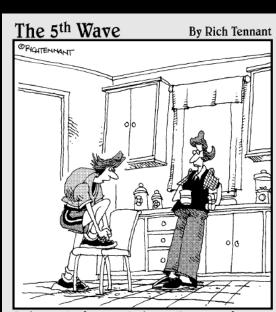
7. 力量训练

8. 资源



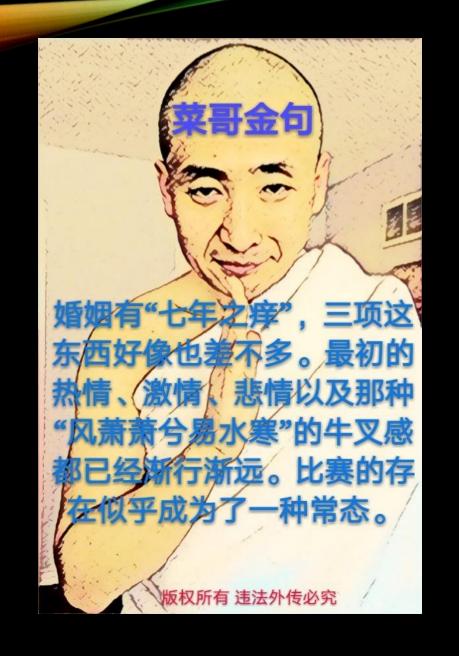
# 你准备好成为一位铁人吗?

- 为什么?
- 有什么运动基础?
- 有时间吗?
- 有预算吗?
- 老婆/老公,孩子,爸爸妈妈岳父岳母......支持吗?



"Why train for a triathlon? I guess after 18 years of raising kids, running a part-time business, and volunteering at the hospital, I wanted to challenge myself."







# 你准备好成为一位铁人吗?

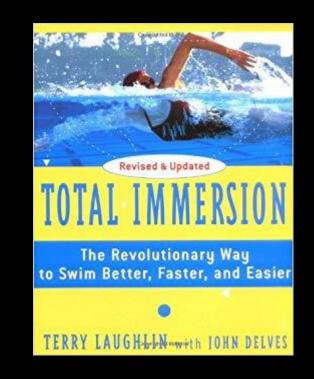






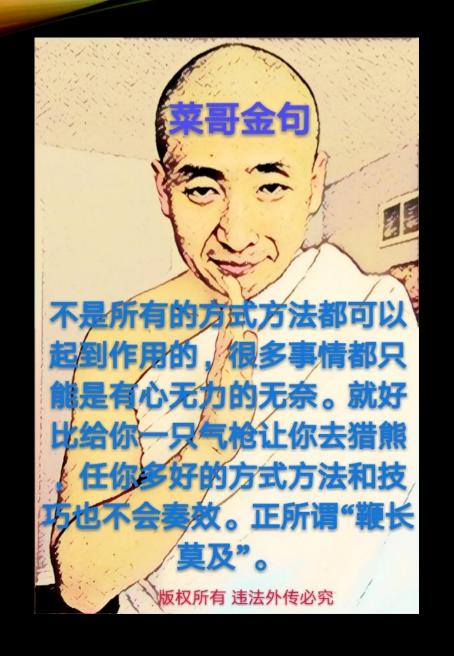
# 关于游泳

- · 蛙泳 vs 自由泳
- · 游泳池 vs 公开水域
- · 游泳训练 vs 铁三游泳训练









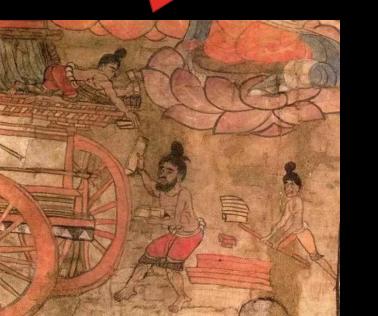


# 跑步训练

## 大铁跑步训练的4个阶段

- 1. 改进跑姿和跑步技术
- 2. 发展耐力
- 3. 增强肌耐力
- 4. 增加乳酸阈配速 (BE CAREFUL!)





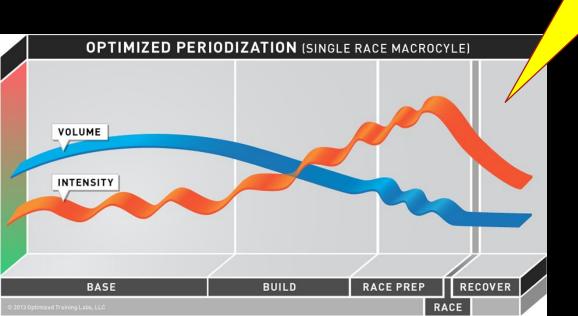


# 训练的基本原则

Over-

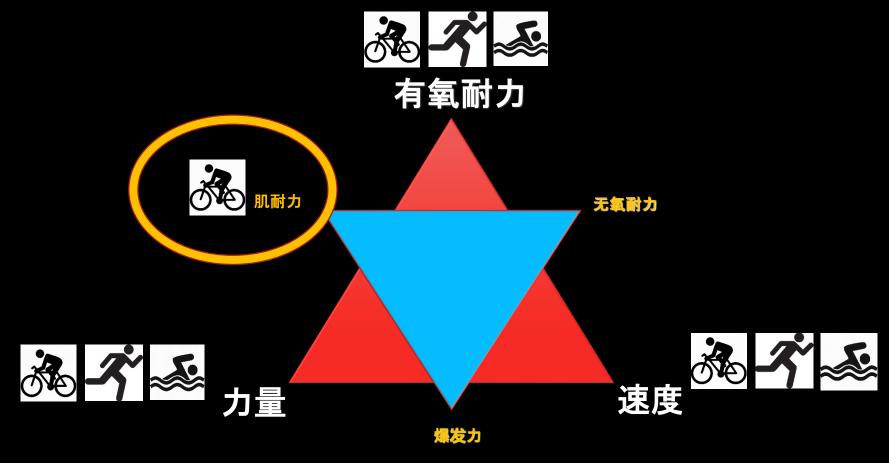
- 训练的持续、适度的恢复和合理的周期
- 重质量而不是数量
- 重注每次的训练目的
- 恢复的重要性: 周末长骑与长跑
- 一定要有训练计划
- 设立分段目标

 $1.01^{365} = 37.8$ 





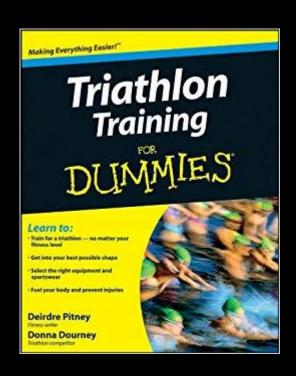
# 训练的基本要素



- 三要素与六要素
- 游泳: 技术高于一切
- 自行车: 有氧耐力和力量
- 跑步: 有氧耐力,brick <10km



# 训练计划-1



Week 26	Date	Swim	Bike	Run
Mon	13-Jul	Rest	Rest	Rest
Tue	14-Jul	Warm up 400; drill 400; swim 2X600@60, 2X500@50, and 2X200@20; cool down 200	None	60 minutes
Wed	15-Jul	None	45 minutes	15 minutes
Thu	16-Jul	Warm up 400; drill 400; swim 2X600@60, 2X500@50, and 2X200@20; cool down 200	80 minutes	None
Fri	17-Jul	Warm up 400; drill 400; swim 2X600@60, 2X500@50, and 2X200@20; cool down 200	None	60 minutes
Sat	18-Jul	None	380 minutes	None
Sun	19-Jul	None	None	160 minutes
Week 27	Date	Swim	Bike	Run
Mon	20-Jul	Rest	Rest	Rest
Tue	21-Jul	Warm up 400; drill 400; swim 2X800@75, 2X500@50; cool down 200	None	60 minutes fartlek
Tue Wed	21-Jul 22-Jul	2X800@75, 2X500@50; cool down	None 45 minutes	60 minutes fartlek 15 minutes
		2X800@75, 2X500@50; cool down 200		
Wed	22-Jul	2X800@75, 2X500@50; cool down 200 None Warm up 400; drill 400; swim 2X800@75, 2X500@50; cool down	45 minutes	15 minutes
Wed Thu	22-Jul 23-Jul	2X800@75, 2X500@50; cool down 200 None Warm up 400; drill 400; swim 2X800@75, 2X500@50; cool down 200 Warm up 400; drill 400; swim 2X800@75, 2X500@50; cool down	45 minutes 80 minutes	15 minutes None



# THE TRIATHLETE'S TRAINING BIBLE THE WORLD'S MOST COMPREHENSIVE TRAINING GUIDE AND EDITION JOE FRIEL

Mattias Krantz

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11	11/3			Build 2	14,5	SM	X		X	X	X			X	X	X	X .			X	X	X	X				4:00	2:30	2:00	2:00	1:30	1:30	1:00
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13	25/3			Peak		SM	X			X				X			X .			X		X	X				3:30	2:30	2:00	1:30	1:30	1:00	1:00
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15	8/4	Challange Fuerteventura (HII	A	Race	8,5	20			X			X	41					X							X		2:00			1:15	1:00		0:30
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27	1/7	Ironman Frankfurt (IM)	A	Race	8,5	010	0		X	0		X	11			0. 1		X		0.	7/2	0.	0.	772	X		2:00			1:15	1:00	22.00	0:40
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31	29/7			Build2		SM	X		X			>	4	X		X			X	X		X			8	X	2:00			1:15	1:00		0:30
32	5/8		13	Peak	10,0		X	8		X			11	X	1	100	XX	8	(8)	X	- 83	19	X	100	300	7	2:30			1:15	1:00		0:45
33	12/8	Cykelvasan 90km	В	Race	8,5	2.4		X				X	11					X							X		2:00			1:15	1:00		0:30
34	19/8	Stockholm el Sala	В	Race	8,5	-		X				X	11	8 8	1	13	133	X	300	- 39	- 93	33	99	99	X	8	2:00			1:15	1:00	1:00	0:30
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# 训练计划-2



# 



# 训练计划-3

E/L: Easy & Long

M: Marathon Pace

T: Threshold

I: Interval

R: Repeat

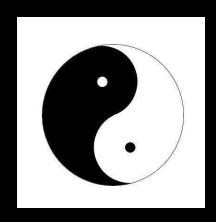
F: Function

OW: Open Water

BD: Big Day

En: Endurance

P: Power



一阴一阳之谓道。 《易经·系辞上传》

黑色代表训练,白色代表你息与恢复。训练过程中要有间歌性的休息(黑色中的白点),休息时也要加入动态恢复训练(白色中的黑点)



# 训练计划-4

WEEK

FOCUS This is a building week to prepare you for the challenging strength-endurance work ahead. The key sessions are similar to preseason training—building blocks with a touch of speed and intensity.

### **WEEKLY OVERVIEW**

	М		w	TH		SA	SU
51	50 min.	45-60 min.	95-105 min.	45-75 min.	45-60 min.	2-2.5 hr.	1-1.5 hr.
2	100	40-60 min.	30 min.	45-70 min.	30 min.	722	70-110 min.

### MONDAY

### SESSION ONE

### SUPPORTING BIKE

TECHNICAL Activation, 50 min.

Warm-Up 10 min. easy spin Pre-Main

10 min. ramp effort from Z1 to Z3

Main 3 rounds of: 2 min. Z1 ramp rpm to fast, 30 sec. easy,

90 sec. Z2 ramp rpm to fast, 1 min. easy, 1 min. Z3 ramp rpm to fast, 90 sec. easy, 30 sec. Z4 ramp rpm to fast, 2 min. easy

Scale for Time Trim as needed or skip if unable to complete.

Scale for Fatigue You should not have heavy fatigue today.

SESSION TWO

PM OFF

### TUESDAY

### SESSION ONE KEY SWIM

ENDURANCE Building, 1800-3350

Warm-Up 5-10 min. easy with mix of strokes Pre-Main 3-6 rounds with paddles and fins:

50 at 75%, 50 at 85%,

50 at 95%

Always 10 sec. rest

Main 9 × 150-250

Increase effort/pace every 2 intervals: 1 and 2 at 65%, 3 and 4 at 75%, 5 and 6 at 85%, 7 and 8 at 95%, 9 at MAX

Always 30 sec. rest Add-On 200 cool-down

Scale for Time Drop Main set to 6 intervals: 1 at 65%, 1 at 75%, 1 at 85%, 1 at 95%, 2 at best effort.

Scale for Fatigue Drop Main set to 6 intervals and only build to 85%.

### SESSION TWO

### SUPPORTING RUN ENDURANCE General Endurance, 40-60 min.

Warm-Up 10 min. easy

Add dynamic warm-up if possible.

30-50 min.

Every 4th min. or so, check on form, posture, etc. Aim for best MFP (minimal form pace). Do not exceed 72 effort.

Scale for Time Scale duration as needed.

Scale for Fatigue Trim duration or skip if needed.

### WEDNESDAY

### KEY BIKE

END-OF-RANGE Strength-Endurance, 95-105 min.

### Warm-Up 10 min. easy spin

Pre-Main 2 rounds of:

4 min. Z2 build rpm to fast, 3 min. build effort Z1 to Z3/Z4,

2 min. Z2 build rpm to fast,

1 min. build effort Z1 to Z3/Z4

Main 3 rounds Z3/Z4 at low rpm, progress as: 3 min. at 65 rpm.

2 min. at 55 rpm,

1 min. at 45 rpm,

2 min. at 55 rpm, 3 min. at 65 rpm

5 min. Z1 between rounds

10-15 min, at IM effort

2 min. easy 5-10 min. at IM effort

Scale for Time Cut the 4 min. interval from the Pre-Main set and trim the number of intervals in the Main set.

Scale for Fatigue Maintain the Pre-Main set but convert the Main set to 4 rounds Z2 build rpm to fast on each.

### SESSION TWO

### STRENGTH & CONDITIONING 30 min.

Scale for Time Be sure you hit at least 5-10 min. of mobility.

Scale for Fatigue This is a floating session that can occur any day.

### THURSDAY SESSION ONE

### KEY RUN

2 min. recovery

### EVENT-SPECIFIC Intervals, 45-75 min.

Warm-Up 15 min. of smooth build to MFP with

5 min. at IM effort, smooth

4 min. at half-IM effort, strong

3 min. at 10K effort, very strong 4 min. at half-IM effort, strong

5 min. at IM effort, smooth

6 min. smooth form to finish Add-On 30 min. MFP run

Scale for Time Trim Warm-Up and drop the MFP run at the end of the workout.

Scale for Fatigue Begin very easy and do a gradual ramp in effort, but can convert to a feel-good endurance run.

### SESSION TWO

### SUPPORTING SWIM ENDURANCE Short Intervals, 2450-3300

This is a recommended session.

Warm-Up 300-600 with non-free on every

Pre-Main Pull set with paddles, snorkel, and buoy:

200, 175, 150, 125, 100, 75, 50, 25 All with 10 sec. rest

Progress effort as you go to feel good.

25-30 × 50 at 85% effort with 5-7 sec. rest Choose a send-off interval and aim to leave on the same time each 50.

Add-On 12 × 25 with paddles, do as 3 rounds of: 1 easy form, 2 building effort to fast, 3 and 4 fast Always 15 sec. rest

Scale for Time Reduce the number of 50s you complete with good form and rhythm.

Scale for Fatigue Reduce Main set to 20 × 50 at 80% and complete with good form and rhythm.

IRONMAN

RACE SPECIFIC

"Fewer hours, more focus,

-SAM INKINEN, CEO and founder of Virta Health, colounder of Iralia, and age-group truthion world-ther

and better results."

**Matt Dixon** 

Includes 14-week Race-Prep Plans



# 数据控专用







# 力量训练



POWER, SPEED. AND MUSCULAR ENDURANCE 2010 PATRICK HAGERMAN, Ed0	THE COMPLETE PROGRAM TO BUILD TRIATHLON POWER, SPEED,	TRIATE	STRE
			N
		ET	G
5	OVER 75 EXERCISES FOR SWIM, BIKE, RUN	ES	ГН

Repetitions	% 1RM
1	100%
2	95
3	93
4	90
5	87
6	85
7	83
8	80
9	77
10	75
11	70
12	67
15	65

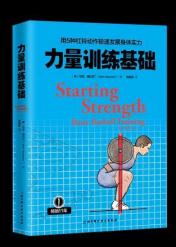
% of 1RM Max Weight	Repetitions	Training Type
60%	17	<b>ENDURANCE</b> - Strength
65%	14	and Stamina
70%	12	POWER - Muscle Size
75%	10	and Some Strength
80%	8	
85%	6	STRENGTH - Maximum
90%	5	Strength Training
95%	3	Program
100%	1	1RM - max weight once

# 力量训练基础

用5种杠铃动作极速发展身体实力



掌握本书一半内容 即10倍于绝大多数教练的训练知识





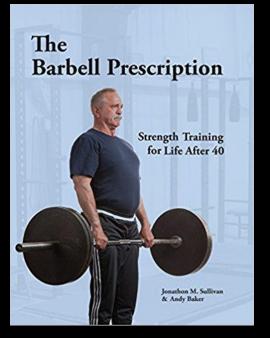


正确的技术动作是我们做所有事情的根本,一个源于之前不正确 教学的、顽固的动作问题能让举重者付出很大的代价——浪费时 间和进步缓慢。

美国畅销11年,4次修订 2005→2007→2011→2013→2016

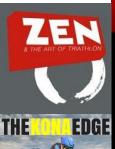
# 终级力量训练-1





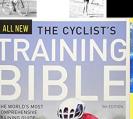


## TRIATHLETE TRAINING PODCAST













- 1. 书
- 2. 播客
- 3. YouTube
- 4. 铁友
- 5. 教练









