

# IRONMAN



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Department of  
Sport and Recreation

SURF LIFE SAVING  
**WESTERN AUSTRALIA**





Macro cycle 1

Micro cycle 1

Date to be determined:

Moderate cycle

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SWIM AS PER COACH	SWIM AS PER COACH	YOUR CHOICE SWIM OR SLEEP	SWIM AS PER COACH	SWIM AS PER COACH	IRON SESSION 5min ski waves 5min board waves 5min jog down back swim back with the wind/current  Set 1 buoy 200mtr out 3 x short course iron Ski, swim board Swim, board, ski Board, ski, swim	REST
SKI 5min waves warm up 6min Easy - 30sec rest 4min Mod - 1min rest 2min Hard - 1:30sec rest set x 3 10min Warm down easy paddle	BOARD 5min warm up 40min easy paddle  RUN (HARD) 20min jog + 1KM TIME TRIAL	SKI Paddle back 10Km down wind	BOARD 5min warm up 1 x 5min off beach 45sec then Race home 1 x 3min off beach 45rest then race home Set x 3 RUN 5min warm up 5 X 800mtr Head/easy 4:30min - cycle 5min warm down	SKI (HARD) 25min easy paddle + 3KM TIME TRIAL	REST	REST

Macro cycle 1

Micro cycle 2

Date to be determined:

Moderate cycle

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SWIM AS PER COACH	SWIM AS PER COACH	IRON SESSION Stop outs 1 buoy 150mtr out Set up a start/finish pole Set up 1 tuning pole Work run in & out Run - board out stop 30sec Board in run stop 45sec Run - swim out stop 30sec Swim in run stop 45sec Run - ski out stop 30sec Ski in run stop Set x 4 Easy swim to warm down	SWIM AS PER COACH	SWIM AS PER COACH	IRON SESSION 5min ski waves 5min board waves 5min jog down back swim back with the wind/current  Set 1 buoy 200mtr out 4 x short course iron races Ski, swim board Swim, board, ski Board, ski, swim x 2 + 5 short swim sprint finishes Start 50mtr out back race in & up 20mtr of beach	REST
SKI 5min waves warm up 3 x 6min Descend 1-3 Rest 30sec/45sec/1min 3 x 4min descend 1-3 Rest 30sec/45sec/1min 8 x 2min easy/hard 30sec rest 10min Warm down easy paddle	BOARD 5min waves warm up 8min into the wind Mod pace 1min rest race back to beach 6min into wind Mod pace 1min rest race back to beach 4min into wind Mod pace 45sec rest race back to beach 10 x 40 stroke sprints of beach  RUN 6km easy jog Build last 1km	SKI Paddle back 12Km down wind	BOARD (HARD) 20min easy warm up Time Trial 1km  RUN 5min warm up jog 6 X 800mtr 4:45min – cycle Descend 1-3 x 2 5min warm down	SKI Set 1 buoy 200mtr out 10min waves warm up 45min of races to the buoy stop 30sec rest Race back to beach 1 – 2min rest between 5min warm down	REST	REST



Macro cycle 1

Micro cycle 3

Date to be determined:

Hard cycle

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SWIM AS PER COACH	SWIM AS PER COACH	IRON SESSION 2 buoy's 50mtr out(swim) 200mtr out(ski, board) Set up a start/finish pole Set up 1 tuning pole Work run in & out Run - board out stop 30sec Board in run stop 45sec Run - swim out stop 30sec Swim in run stop 45sec Run - ski out stop 30sec Ski in run stop Set x 4	SWIM AS PER COACH	SWIM AS PER COACH	IRON SESSION 10min warm up swim 1 buoy 100mtr out(swim) 1 buoy 250mtr out(ski, board) 5 x short course iron races Swim, board, ski x 2 3min rest Board, ski, swim x 2 3min rest Ski, swim board + 6 short swim sprint finishes Start 50mtr out back race in & up 20mtr of beach (short rest)	REST
SKI 10min warm up 6 x 2min Hard 30sec rest between each 5 x 20sec Max 1min rest between each whole set x 4 + 4 x 100stroke races off the beach 10min Warm down	BOARD 5min waves warm up 3 x 15min 1 x Easy(talking pace) 1 x Moderate 60 – 70% 1 x Hard 80% - 90% 5min easy paddle warm down RUN SOFT SAND 10 x 200mtr on 2min 1 x Easy 1 x hard 5min warm down jog	SKI Paddle back 12-15km 10min easy talking pace then race home	BOARD 5min waves warm up 3 x 4min out to sea Easy/mod/hard 45sec rest race home Set x 3 RUN Easy 6km	SKI 5min warm up 2 x 4 min out 45sec rest race home 5 x 20 stroke explosions off the beach easy back Working on the jump start Set x 3	REST	REST

Macro cycle 1

Micro cycle 4

Date to be determined:

Recovery cycle

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SWIM AS PER COACH	SWIM AS PER COACH	SLEEP IN	SWIM AS PER COACH	SWIM AS PER COACH	IRON SESSION 10min warm up board paddle Set 1 buoy 200mtr out 3 x short course iron races Board, ski, swim Ski, swim board Swim, board, ski + 5 short board sprint finishes Start 50mtr out back race in & up 30mtr of beach (short rest)	REST
SKI 10min warm up talking pace 2 x 6min easy/mod 45sec rest 2 x 4min easy/mod 45sec rest 1min max 2min rest Set x 2 5min Warm down	BOARD 5min waves warm up 20 x 40strokes hard out easy back with 20sec rest 8min easy out to sea recovery 30sec rest then Race home 5min waves warm down RUN SOFT SAND 4km easy with a 20sec sprint every 4min(continuous)	SKI 5km easy into the wind talking pace 2min rest Race home 5 x 20stroke starts off the beach working on the jump	AFTERNOON OFF Mal waves work on skills Minimum 1 hour of fun	SKI 2 x 4 min out 45sec rest race home 5 x 20 stroke explosions off the beach easy back Set x 3	REST	REST



## Macro cycle 2

### Micro cycle 1

Date to be determined:

### Moderate cycle

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SWIM AS PER COACH	SWIM AS PER COACH	IRON SESSION Stop outs 1 buoy 200mtr out Set up a start/finish pole Set up 1 tuning pole Work run in & out Run - board out stop 30sec Board in run stop 45sec Run - swim out stop 30sec Swim in run stop 45sec Run - ski out stop 30sec Ski in run stop Set x 4 Easy swim to warm down	SWIM AS PER COACH	SWIM AS PER COACH	IRON SESSION 5min ski waves 5min board waves 5min jog down back swim back with the wind/current  Set 1 buoy 200mtr out 4 x short course iron races Ski, swim board Swim, board, ski Board, ski, swim x 2 + 5 short ski sprint finishes Start 50mtr out back race in & up 20mtr of beach	REST
SKI 5min waves warm up 6 x 6min Descend 1-3 Rest 30sec/45sec/1min 6 x 1min descend 1-3 Rest 30sec/45sec/1min 8 x 45sec Max 1:00min rest 10min Warm down easy paddle	BOARD 5min easy paddle 6km paddle back down wind 5 x 40stroke board starts MAX  RUN (HARD) 20min easy jog + 1KM TIME TRIAL	SKI Paddle back 5min easy paddle 12-14km down wind	BOARD 10min waves warm up 1 buoy out 200mtr Easy out/hard back Hard out easy back Hard out and back Set x 3 RUN 5min warm up jog 8 X 800mtr 5min – cycle 1 x easy, 1 x hard 5min warm down	SKI (HARD) 30min easy paddle + 3km time trial	REST	REST





Macro cycle 2

Micro cycle 2

Date to be determined:

Moderate cycle

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SWIM AS PER COACH	SWIM AS PER COACH	IRON SESSION Stop outs 1 buoy 200mtr out Set up a start/finish pole Set up 1 tuning pole Work run in & out Run - board out stop 30sec Board in run stop 45sec Run - swim out stop 30sec Swim in run stop 45sec Run - ski out stop 30sec Ski in run stop Set x 4 Easy swim to warm down	MORNING OFF SLEEP IN	SWIM AS PER COACH	IRON SESSION 5min ski waves 5min board waves 5min jog down back swim back with the wind/current  Set 1 buoy 200mtr out 5 x short course iron races Ski, swim board x 2 Swim, board, ski Board, ski, swim x 2 + 5 short ski sprint finishes Start 50mtr out back race in & up 20mtr of beach	REST
SKI FLAT WATER 5min waves warm up 1 x 6min moderate pace Rest 1min 2 x 3min hard Rest 45sec 6 x 1min 1 x easy 2 x hard 30sec rest Set x 3 5min Warm down easy paddle	BOARD Paddle back 5min easy paddle 8-10km down wind  RUN Have shoes ready for quick transition into 6km run	SKI Paddle back 10min easy paddle 14-16km down wind	BOARD (HARD) 20min easy warm up Time Trial 1km  RUN 5min warm up jog 12 X 200mtr 1:45 – cycle 1 x easy, 1 x hard 5min warm down	SKI Set 1 buoy 200mtr out 10min waves warm up 45min of races 2 x out stop 30sec rest Race back to beach 2 x full race 2min rest 1 x easy paddle around buoy Rec Repeat set for 50min 5min warm down	REST	REST



Macro cycle 2

Micro cycle 3

Date to be determined:

Hard cycle

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SWIM AS PER COACH	SWIM AS PER COACH	IRON SESSION 2 buoy's 100mtr out(swim) 300mtr out(ski, board) Set up a start/finish pole Set up 1 tuning pole Work run in & out Run - board out stop 30sec Board in run stop 45sec Run - swim out stop 30sec Swim in run stop 45sec Run - ski out stop 30sec Ski in run stop Set x 4	SWIM AS PER COACH	SWIM AS PER COACH	IRON SESSION 10min warm up swim 1 buoy 100mtr out(swim) 1 buoy 250mtr out(ski, board) 6 x short course iron races Swim, board, ski x 2 3min rest Board, ski, swim x 2 3min rest Ski, swim board x 2 3min rest + 6 short swim sprint finishes Start 50mtr out back race in & up 50mtr of beach (short rest)	REST
SKI 5min warm up 7km into wind continuous 5min rest on the beach Race home with a jump start handicap if necessary + 4 x 100stroke races off the beach 10min Warm down	BOARD RUNS 5min waves warm up + jog Set buoy 200mtr out start/finish pole + tuning pole 100mtr apart 10 x races with run start and finish 5min warm down swim	SKI Paddle back 14-16km 5min warm up Return to beach and do jump start race home down wind Handicap if necessary	BOARD - FLAT WATER 5min warm up 2 x 4min moderate pace 30sec rest 4 x 45sec MAX sprints 1min rest between Set x 4 5min warm down RUN 6km Easy 5km with the last 1km hard	SKI 5min warm up 1 x 6min out 45sec rest race home 5 x 50 stroke explosions off the beach easy back Working on the jump start Set x 4	REST	REST

Macro cycle 2

Micro cycle 4

Date to be determined:

Recovery cycle

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SWIM AS PER COACH	SWIM AS PER COACH	SLEEP IN	SWIM AS PER COACH	SWIM AS PER COACH	IRON SESSION 10min warm up board paddle Set 1 buoy 200mtr out 3 x short course iron races Board, ski, swim Ski, swim board Swim, board, ski + 5 short board sprint finishes Start 50mtr out back race in & up 30mtr of beach (short rest)	REST
SKI 10min warm up talking pace 1 x 6min mod 45sec rest 1 x 4min mod 45sec rest 30sec max 2min rest paddle recovery Set x 4 5min Warm down	BOARD 5min waves warm up 15 x 60strokes hard starts easy back to beach with 20sec rest 6min easy out to sea recovery 30sec rest then Race home 20min waves warm down RUN SOFT SAND 5km easy with a 20sec sprint every 4min(continuous)	SKI Skills afternoon Jump start 30 strokes hard 50strokes easy Turn race back Repeat for 45min Working on the jump starts	BOARD 5min waves warm up 3 x 2min out to sea Easy/hard/easy 45sec rest race home Set x 4 RUN Easy 6km	SKI 1 x 8min out 1min rest race home 5 x 20 stroke explosions off the beach easy back Work on jump start Set x 3	REST	REST

## Macro cycle 3

### Micro cycle 1

Date to be determined:

### Moderate cycle

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SWIM AS PER COACH	SWIM AS PER COACH	IRON SESSION Set 1 buoy 100mtr out swim set 1 buoy 200mtr out board, ski 4 x short course iron races Swim, swim board Ski, ski, swim Board, board, ski Swim, ski board + 5 short swim/sprint finishes Easy swim to warm down	SWIM AS PER COACH	SWIM AS PER COACH	IRON SESSION 5min ski waves 5min board waves 5min jog down back swim back with the wind/current  Set 1 buoy 200mtr out 4 x short course iron races Ski, swim board Swim, board, ski Board, ski, swim x 2 + 5 short board sprint finishes Start 50mtr out back race in & up 40mtr of beach	REST
SKI 5min waves warm up 6 x 3min Descend 1-3 out to sea Rest 30sec/45sec/1min Race home with the wind 12 x 30sec MAX descend 1-3 Out to sea Rest 45sec Race home with the wind 5 x 20 stroke jump starts 10min easy paddle	BOARD 5min easy paddle Board starts 50 strokes Set x 4 then 5min easy paddle recovery Continuous for 1 hour  RUN (HARD) 20min easy jog + 1KM TIME TRIAL	SKI Paddle back 5min easy paddle 8-10km down wind	BOARD 10min waves warm up 1 buoy out 200mtr Easy out/hard back Hard out easy back Hard out and back Set x 3 RUN 5min warm up jog 12 X 200mtr 1 x easy, 1 x hard 1:20 cycle 5min warm down jog	SKI (HARD) 30min easy paddle + 3km time trial	REST	REST



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## Macro cycle 3

### Micro cycle 2

Date to be determined:

### Moderate cycle

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SWIM AS PER COACH	SWIM AS PER COACH	IRON SESSION Set 1 buoy 100mtr out swim set 1 buoy 200mtr out board, ski 4 x short course iron races Swim, ski, board Ski, board, swim Board, swim, ski Swim, ski board + 5 short swim/sprint finishes Easy swim to warm down	SWIM AS PER COACH	SWIM AS PER COACH	IRON SESSION 5min ski waves 5min board waves 5min jog down back swim back with the wind/current  Set 1 buoy 200mtr out 4 x short course iron races Ski, swim board Swim, board, ski x 2 Board, ski, swim + 5 short swim sprint finishes Start 50mtr out back race in & up 40mtr of beach	REST
SKI 5min waves warm up 8min out 45sec rest Race home 6min out 45sec rest Race home 4 x 1min hard efforts out Rest 45sec Race home with the wind 5 x 20 stroke jump starts 10min easy paddle	BOARD Starts/finishes all 45sec rest 5min easy paddle 100 strokes hard + finish x 2 60 strokes x 2, 40 strokes x 2 20 strokes x 2 Set x 3 RUN (HARD) 20min easy jog + 1KM TIME TRIAL	SKI Paddle back 5min easy paddle 12-14km down wind Pair up with equal paddler and work together all the way home Race pace	BOARD 10min waves warm up 1 buoy out 200mtr Easy out/hard back Hard out easy back Hard out and back Set x 4 RUN 5min warm up jog 10 X 100mtr 30sec cycle	SKI (HARD) 30min easy paddle + 3km time trial	REST	REST

