



6 hours training a week are
enough for preparing
Ironman amateur athletes

Suren Arutiunian

S-TEAM

How do athletes train for an Ironman?

	Beginner	Age Group Contender	Age Group Elite	Professional
Sprint	200/6	300/8	400/11	-
Olympic	300/8	350/10	500/12	900+/25+
IRONMAN 70.3	400/11	500/12	700/18	1,100+/29+
IRONMAN	600/15	750/20	1,000/28	1,300+/32+

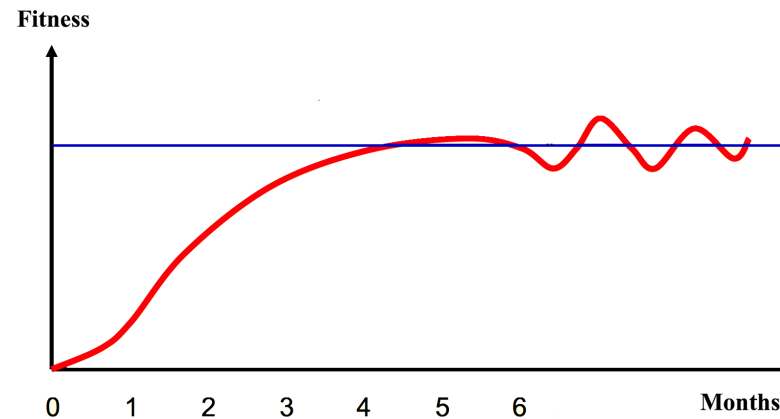
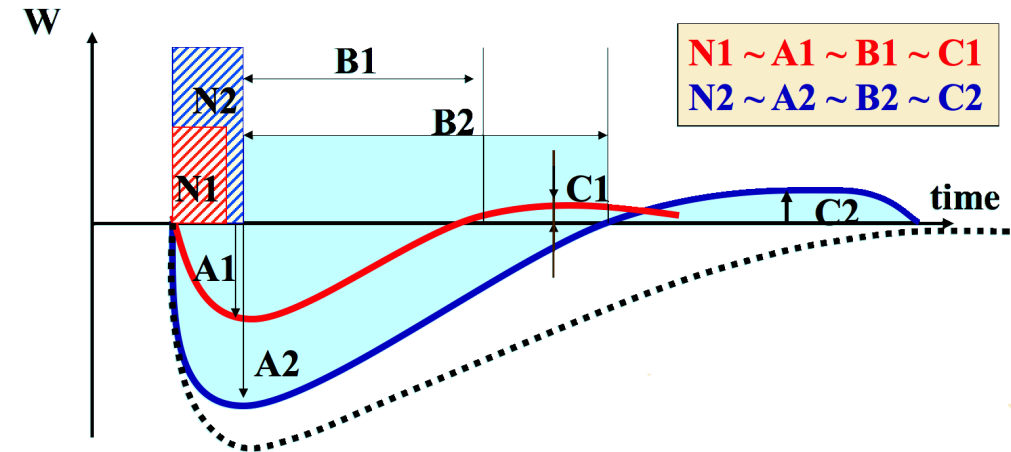
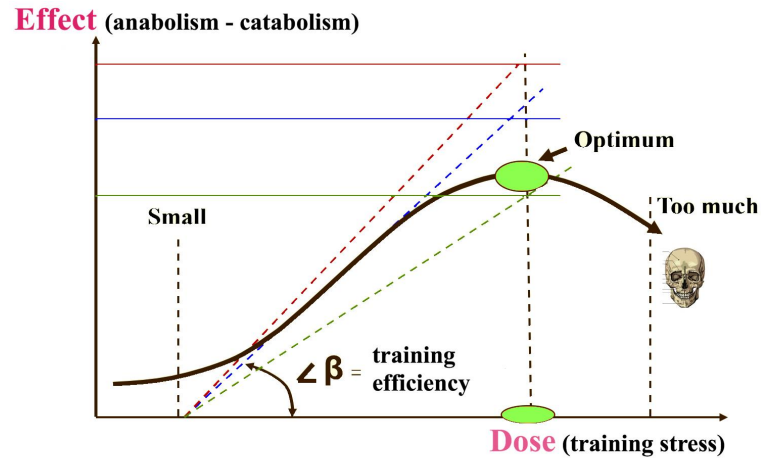
What's wrong with this table?

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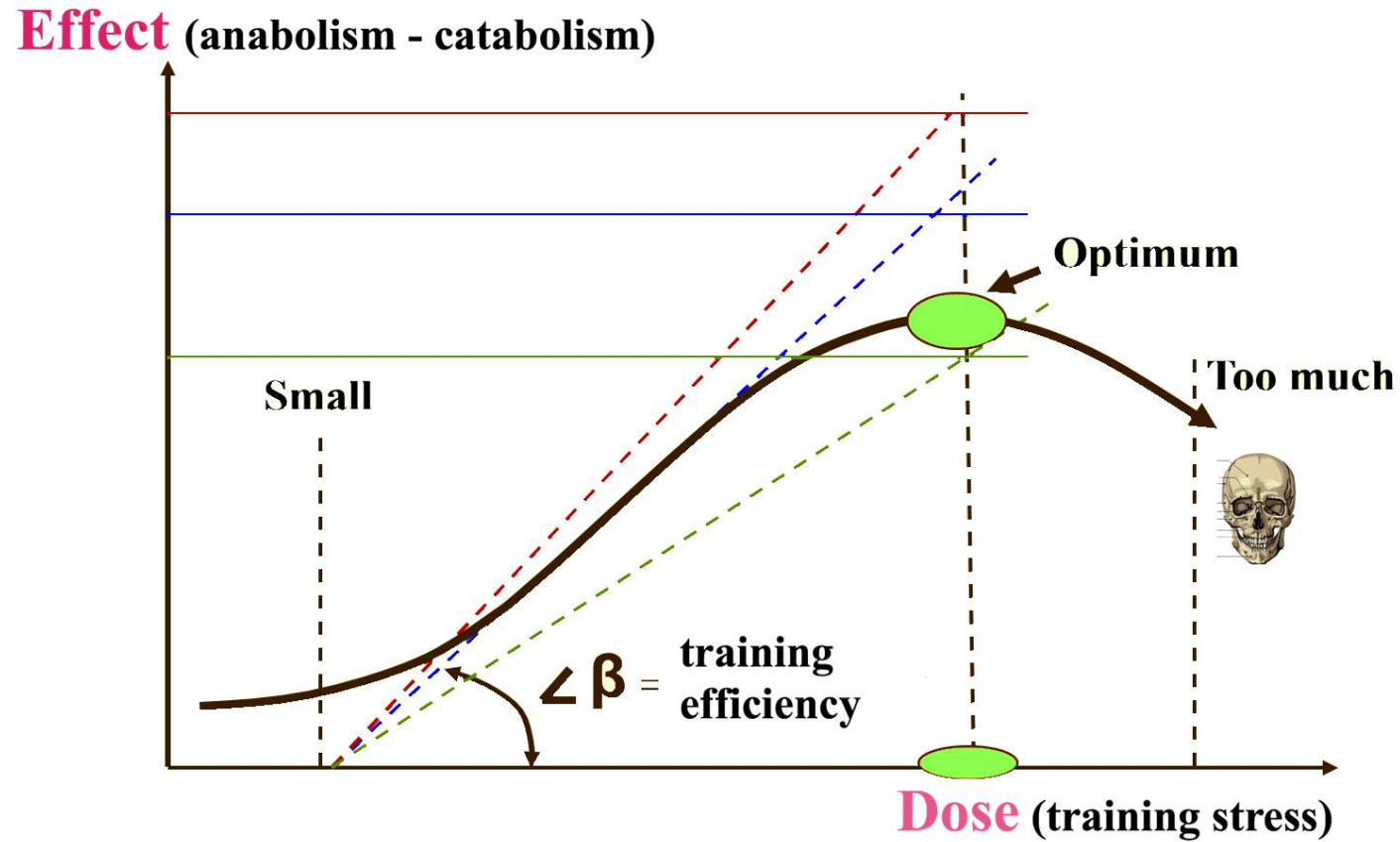
Olympic and Ironman pro-athletes do the same training volume.

				Professional
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Olympic				900+/25+ 1,300+/32+
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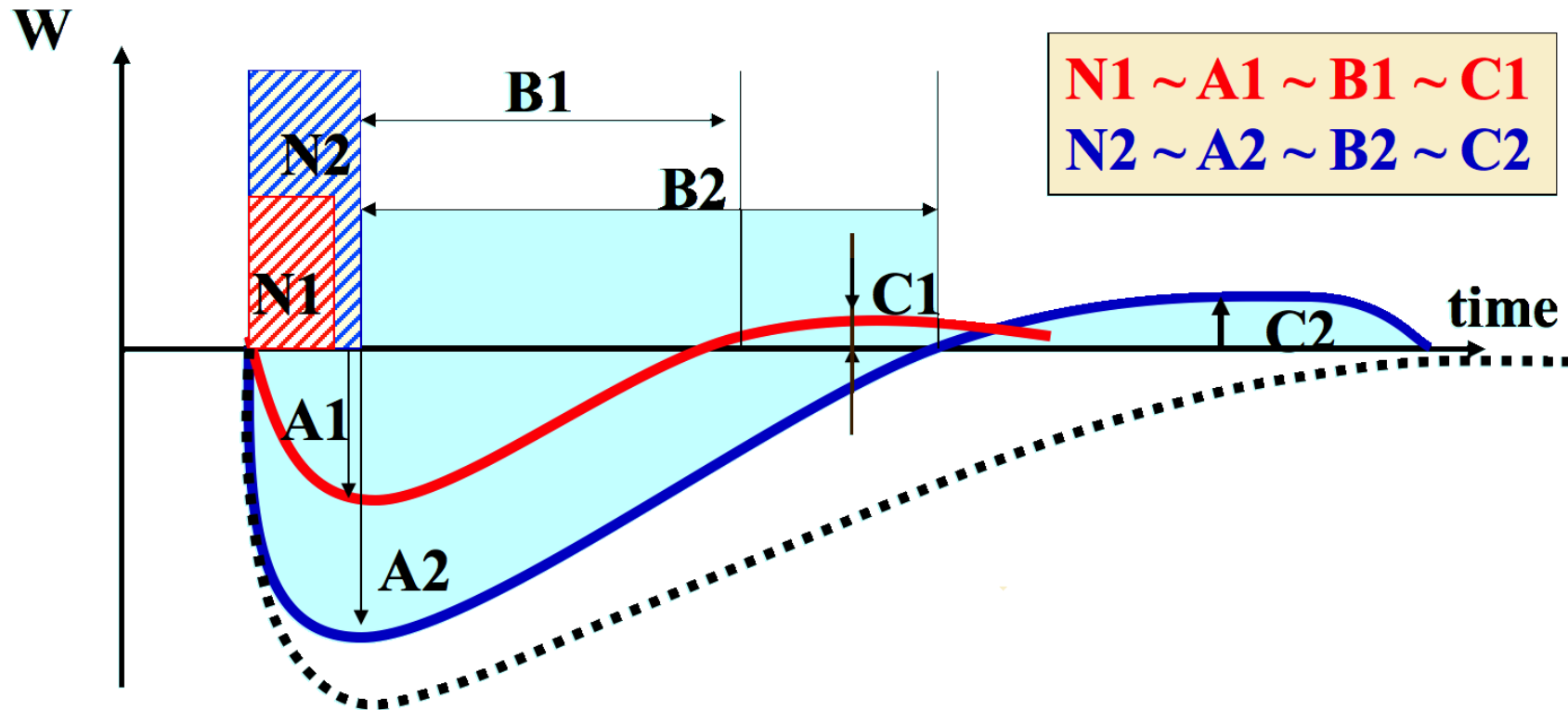
3 universal laws of physical training



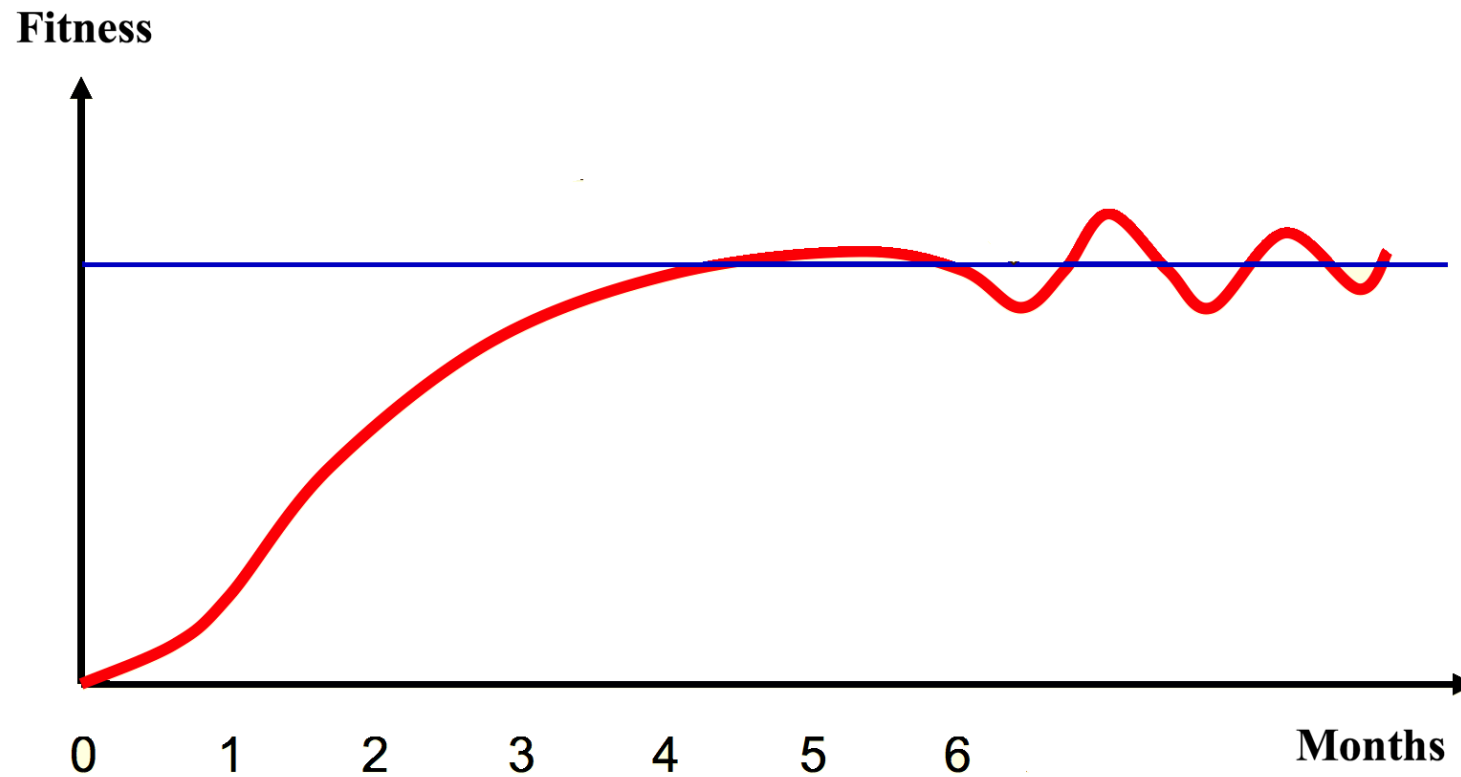
#1 The Dose-Effect Law



#2 The Supercompensation Law



#3 Each training load has a limit of its training effect



What does the optimal dose depends on?

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- Technique, economy

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- Energy resources (glycogen store)
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- Tissue degradation resistance during training
- Technique
- Recovery conditions (sleep, nutrition, daily stress (again!))

The optimal dose doesn't depend on the competition an athlete is preparing for

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My version

		Age Group Contender		
Sprint		300/8		
Olympic		350/10 300/8		
IRONMAN 70.3		500/12 300/8		
IRONMAN		750/20 300/8		

Who were these athletes?



They were not professional athletes



Participants



Artur Shagimardanov
26 years old



Maxim Nizhnik
32 years old



Roman Sobolev
35 years old



Dmitry Guzev
42 years old

~ 1.5 years training experience less than 6 hours a week, full time job (40 h/w), married

Methods

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- Swimming lives its own life
- 6-7 hours training a week (average)

Training volume results

8 months before the IM:

6h 40min (± 50 min)

2 months before the IM:

6h 50min (± 34 min)



Physiological tests results

Test protocol:

Warm up: 10min (100w, 8km/h)

Steps: +20w/2min, +1km/h /2min

Aerobic Threshold: V_e , V_e/V_{CO_2}

Results:

Cycling Aerobic Threshold

July 2015- 170w (± 30), 132 b/min (± 22)

July 2016- 200w (± 20), 137 b/min (± 8)

Running Aerobic Threshold

July 2015- 5:00 min/km, 146 b/min (± 10)

July 2016- 4:36 min/km, 151 b/min (± 7)



Ironman Copenhagen 2016 results



Artur Shagimardanov
26 years old

Finish time- 10:17:59
54 between 211
TOP 25%



Maxim Nizhnik
32 years old

Finish time- 14:26:05
241 between 252
TOP 95%



Roman Sobolev
35 years old

Finish time- 9:55:26
41 between 326
TOP 12%



Dmitry Guzev
42 years old

Finish time- 11:17:09
187 between 475
TOP 43%

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What we can do to achieve this goal?

Highly-focused training blocks

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Highly-focused training blocks

Low glycogen training

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Low glycogen training

Blood flow restriction training?

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Blood flow restriction training?

Etc., etc., etc.

Don't be focused mostly on the training volume.

THANK YOU FOR ATTENTION!

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