

# Going Long in Triathlon: Half Ironman and Full Ironman

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Key points necessary to race long course:

1. Total annual hours and weekly volume to support long course  
Half: 500-600 annual hours and 10-12 weekly  
Full: 700-1000 annual hours and 15-20 weekly  
You can race successfully with less but the difference will be a satisfying experience verses an exercise in fatigue management and a higher probability of injuries
2. Intelligent design of hard and easy workouts. Reach blocks can be 5-10 days in length but need recovery weeks in order to have their maximum effect on physiology and training results.
3. Careful choice of A and B races. A races best set at 2-3 and B races 2-3 with all others considered training and not races per se.
4. Technique development in all three sports  
You lose capacity from improper technique. You will be well served to get hands on work with local experts for swimming, biking and running so you can be given drills to work on to optimize form on execution
5. Planning for long trainings and peak weeks of volume. Family and work time will be effected to a certain degree and needs to be planned ahead and coordinated with the other significant people in your life.
6. Double daily workouts and long workouts need to be planned and incorporated into your daily life. Most of the time swims and runs are done in the morning with bikes and bricks in the afternoon/evenings. 3-6 hour workouts will be part of your regular training on the weekends or weekdays if your work schedule is atypical.
7. Nutritional considerations  
You need to develop a daily eating plan that supports your trainings. Focus on eating complex carbs closest to your workouts and using low starch vegetables and fruits as the carbs in the meals more distant from your workouts. Include lean proteins in all

meals especially immediately following long or hard workouts. Include anti-inflammatory and anti-oxidant foods in your daily eating in place of supplements: purple foods (anthocyanins), omega 3s (good for minimizing joint pain), turmeric and ginger (potent anti-inflammatories). Include healthy fats from nuts, seeds, coconut oil, olive oil and avocados.

Avoid gluten foods (inflammatory), legumes (lectins-inflammatory), refined sugar products (including sports products like gels and gummies), and possibly dairy (can throw off the bacterial mix in the GI tract and lead to cramping and GI issues)

Eat 200 calories per hour (women) and 300 calories per hour (men) during training in swim and bike and practice using the foods/products you plan to use in your races in your daily trainings. Run intake is less .....100 calories per hour for women and 200 calorie per hour for men.

8. Recovery and “hygiene”. It will be necessary to build in practices that keep you injury free and performing optimally. Massage, foam rolling, yoga classes, extra sleep, functional strength workouts, Epsom salt and ice baths are all practices that are imperative to insure an optimal training and racing experience.
9. Psychologically a long course athlete is someone who enjoys spending long stretches of time with themselves. Even if you train with others, in order to best prepare for your race, it is necessary to at least part of the time, do long trainings by yourself. This helps you become more intimate with your own patterns mentally and physically and allows you to prepare for the high and low moments that inevitably occur in long course.