

ThoraxTrainer™

Ironman training program

Training towards a long distance race can be a lot to overcome!
With ThoraxTrainer as part of your training, you will have the greatest potential for
a perfect well-adjusted training which will improve your:



All of this is necessary for you in your adventures in Triathlon.
Use the following guidelines and programs in your training.

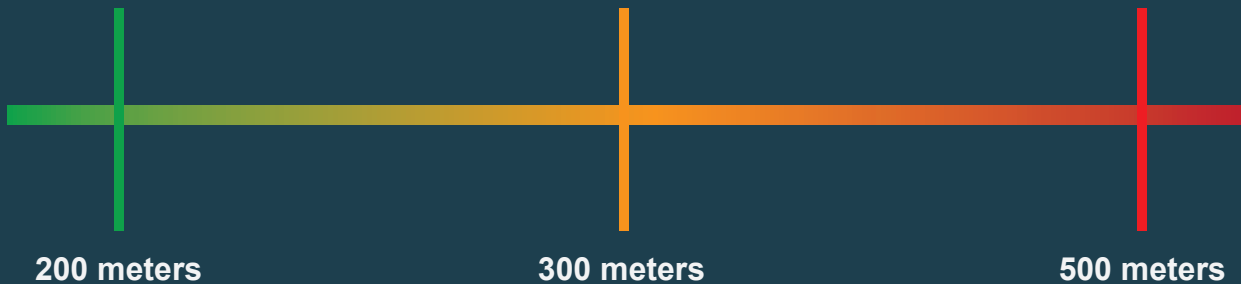
HOW TO CHOOSE YOUR RESISTANCE LEVEL

Test your level in ThoraxTrainer™
Double pole for 2 minutes on resistance 5
Check your distance on the scale below
And follow your level throughout the programs

BASIC

INTERMEDIATE

ADVANCED



Frame program towards Ironman

Depending on your ambitions, chose your frame program from the table below.

Type of training	Program 1 Finish time 12h	Program 2 Finish time 11h	Program 3 Finish time 10h	Program 4 Finish time 9h
	5-6 training sessions a week 4-6,5 hours a week	7-9 training sessions a week 5,5-9 hours a week	9-12 training sessions a week 9-11 hours a week	14 training sessions a week 11-15 hours a week
Biking	1 x 45-90 min	1-2 x 45-120 min	2-3 x 45- 120 min	3-4 x 45-180 min
Running	1 x 30-60 min 1 x 90-120 min	2 x 30-60 min 1 x 90-120 min	2 x 30 - 90 min 1 x 90-120 min	3 x 30 - 90 min 1 x 90-120 min
Swimming Only fokus on technique	Beginner 1 x 45-60 min Expert Not necessary	Beginner 1 x 45-60 min Expert 1 x 45-60 min	Beginner 3 x 30-60 min Expert 2 x 45-60 min	Beginner Not possible Expert 3 x 45-60 min
ThoraxTrainer	1-2 x programs per week of 10-30 minutes	2 x programs per week of 15-30 minutes	2-3 x programs per week of 15-30 minutes	3 x programs per week of 15-60 minutes
Strength training Every morning	Push-ups (10-30 x 3) Sit-ups (10-30 x 3)	Push-ups (10-30 x 3) Sit-ups (10-30 x 3)	Push-ups (10-30 x 3) Sit-ups (10-30 x 3)	Push-ups (10-30 x 3) Sit-ups (10-30 x 3)

TECHNIQUE

ABBREVIATIONS OF EXERCISES



DP

Double poling



DIA

Diagonal poling



1LEG

Double poling on 1 leg,
change leg each 30 sec



SQT

Squatting position, rest elbows on legs
(downhill position)(no movement)



WALK

Double poling on 1 leg,
change leg each stroke



JUMP1

Double poling on 1 leg,
jump from leg to leg



JUMP2

Double poling,
jump with both legs

IM1

20 MIN

8 x 2 min. / 30 sec. rest between each interval

80-90% of your max

Important to follow recommended strokes/min

1

DIFFICULTY
LEVEL



Interval no



Resistance



Technique



Strokes/min

2 MIN	BASIC	INTERMEDIATE	ADVANCED		
1	1-2	3-4	5-6	DP	42
2	1-2	3-4	5-6	DP	44
3	1-2	3-4	6-7	DP	46
4	1-2	3-4	6-7	DP	48
5	3	4	5	DIA	FREE
6	3	4	6	1LEG	FREE
7	2	4	5	DP	FREE
8	3	4	6	1LEG	FREE

IM2

10 MIN

6 x 30 sec / 2 min rest between each interval
Maxpower program - max out in each interval

1
 DIFFICULTY
 LEVEL



1 2 3
 Interval no

Resistance

Technique

Strokes/min

1 MIN	BASIC	INTERMEDIATE	ADVANCED		
1	3-4	4-6	5-7	DP	FREE
2	3-4	4-6	5-7	DP	FREE
3	3-4	4-6	6-8	DP	FREE
4	4-6	5-7	6-8	DP	FREE
5	4-6	5-7	7-10	DP	FREE
6	4-6	5-8	7-10	DP	FREE

IM3

15-30 MIN

10 sec. at max. speed followed by 20 sec. at slow rate.



1

DIFFICULTY
LEVEL



Time



Resistance



Technique



Strokes/min

	BASIC	INTERMEDIATE	ADVANCED		
10 SEC	1	3	5	DP/FREE	MAX
20 SEC	1	3	5	DP/FREE	<30
10 SEC	1	3	5	DP/FREE	MAX
20 SEC	2	4	6	DP/FREE	<30
10 SEC	2	4	6	DP/FREE	MAX
20 SEC	2	4	6	DP/FREE	<30
10 SEC	3	5	7	DP/FREE	MAX
20 SEC	3	5	7	DP/FREE	<30
10 SEC	3	5	7	DP/FREE	MAX
20 SEC	+1	+1	+1	DP/FREE	<30
	CONTINUE				

IM4

20 MIN

"THE SKIER"

3 x 6 min. with 1 min. rest every 6 minutes

Change technique each 30 sec

2

DIFFICULTY
LEVEL



Interval no



Resistance



Technique



Strokes/min

2 MIN				30 SEC	30 SEC	30 SEC	30 SEC	
1		4-6		DP	DIA	JUMP1	SQT	FREE
2		5-7		DP	DIA	JUMP1	SQT	FREE
3		6-8		DP	DIA	JUMP1	SQT	FREE
4		4-6		DP	DIA	JUMP1	SQT	FREE
5		5-7		DP	DIA	JUMP1	SQT	FREE
6		6-8		DP	DIA	JUMP1	SQT	FREE
7		4-6		DP	DIA	JUMP1	SQT	FREE
8		5-7		DP	DIA	JUMP1	SQT	FREE
9		6-8		DP	DIA	JUMP1	SQT	FREE

IM5

17 MIN

Pyramid, 9 intervals

Go as fast as you can in each interval in relation to how long time it is.



Time



Resistance



Technique



Rest

	BASIC	INTERMEDIATE	ADVANCED		
30 sec	8	9	10	DP	15 sek
1 min	7	8	9	DP	30 sek
2 min	6	7	8	DP	1 min
3 min	5	6	7	DP	1,5 min
4 min	4	5	6	DP	2 min
3 min	5	6	7	DP	1,5 min
2 min	6	7	8	DP	1 min
1 min	7	8	9	DP	30 sek
30 sec	8	9	10	DP	15 sek

IM6

36 MIN

9 x 3 min. interval with 1 min. rest.

"Over the hill"

Go as fast as you can in every 3-minute session. It is important that you maintain the strokes per. minute. The idea of this program is to become better in using your core in every stroke and to build strength in the legs as well. It is important that you increase the resistance after each 9 min. block reaching substantial resistance in the last block - Like steep uphill.



Interval no



Resistance



Technique



Strokes/min

3 min.					
1	2-3	4-5	5-6	DP	40
2	2-3	4-5	5-6	DP	50
3	2-3	4-5	5-6	DP	40
4	3-4	5-6	6-7	DP	40
5	3-4	5-6	6-7	DP	50
6	3-4	5-6	6-7	DP	40
7	4-5	6-7	7-8	DP	40
8	4-5	6-7	7-8	DP	50
9	4-5	6-7	7-8	DP	40

IM7

30 MIN

8 x 3 min, 75-85 % of max /
1 min rest between each interval

Change technique each minut

Important to follow recommended strokes/min

3

DIFFICULTY
LEVEL



Interval no



Resistance



Technique



Strokes/min

3 MIN	BASIC	INTERMEDIATE	ADVANCED	1 MIN	1 MIN	1 MIN	1 MIN	1 MIN	1 MIN
1	1-2	3-5	5-7	DP	DIA	1LEG	40	80	40
2	1-2	3-5	5-7	1LEG	DP	1LEG	45	50	45
3	1-2	3-5	5-7	WALK	DIA	JUMP1	45	90	50
4	2-3	4-6	6-8	DP	JUMP1	DP	50	40	50
5	2-3	3-5	5-7	1LEG	DIA	1LEG	45	80	45
6	2-3	3-5	5-7	WALK	DP	JUMP2	40	50	40
7	3-5	5-7	7-9	DP	JUMP1	DP	40	50	60
8	3-5	5-7	7-9	DP	DP	DP	40	50	60

IM8

20 MIN

10 x 1 min, 95 % of max / 1 min rest between each interval

Max Heart Rate – as high heart rate as possible



3

DIFFICULTY
LEVEL



Interval no



Resistance



Technique



Strokes/min

1 MIN	BASIC	INTERMEDIATE	ADVANCED		
1	1-2	3-5	5-7	DP	50 +
2	1-2	3-5	5-7	DP	50 +
3	1-2	2-4	4-6	DIA	90 +
4	1-2	2-4	4-6	JUMP1	40 +
5	2-3	3-5	5-7	JUMP2	50 +
6	2-4	4-6	6-8	DP	60 +
7	2-3	3-5	5-7	DIA	100 +
8	2-4	4-6	6-8	JUMP1	50 +
9	2-3	3-5	5-7	JUMP2	50 +
10	3-4	4-6	7-9	DP	50 +

IM9

20 MIN

"THE SKIER #2"

3 x 6 min. / 1 min. rest every 6 minutes.

Change technique each 30 sec

3

DIFFICULTY
LEVEL



Interval no



Resistance



Technique



Strokes/min

2 MIN				30 SEC	30 SEC	30 SEC	30 SEC	
1		4-6		JUMP1	DIA	JUMP2	SQT	FREE
2		5-7		JUMP1	DIA	JUMP2	SQT	FREE
3		6-8		JUMP1	DIA	JUMP2	SQT	FREE
4		4-6		JUMP1	DIA	JUMP2	SQT	FREE
5		5-7		JUMP1	DIA	JUMP2	SQT	FREE
6		6-8		JUMP1	DIA	JUMP2	SQT	FREE
7		4-6		JUMP1	DIA	JUMP2	SQT	FREE
8		5-7		JUMP1	DIA	JUMP2	SQT	FREE
9		6-8		JUMP1	DIA	JUMP2	SQT	FREE

