



# Intuitive Intensity Guidelines

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## Training intensity levels:

The training intensity levels described below are structured by how you feel on any given day. This teaches you to use intuition and understand your body. Ensure you ease into your program and do not go too hard to start! This 'EASING IN' is more important if you are a male and have some decent level of conditioning already. This conditioning you have allows you to push hard and without some development of what we call good fatigue (our insurance policy) will break your muscles down more than we would like and thus taking longer to recover from.

The training levels below are designed to be simple to understand and implement.

- Easy
- Moderate (which will eventually be very close to your Ironman Pace)
- Mod-Hard 'MH' (70.3 / Half Ironman Pace)
- Hard (Olympic Distance Pace)
- Fast (Sprint Distance Pace)
- All Out!

### **EASY**

Many athletes underestimate this level and typically start at a pace that may feel easy but could not in all honesty be sustained for a long period of time. ie. Could you hold this starting pace for hours and hours.

Easy not only provides developing aerobic capacity correctly, it ensures we have the ability later on in the session to push and this is where the **real training effect occurs!**

Easy training means just that... EASY!

In the swim easy is warm up pace and there should be no regard for time splits, turn the arms over and focus on feel and form.

On the bike, we keep a moderate cadence ie 80rpm. Even though the main set may call for high tension we want to open up the neurological pathways, ensure optimal blood flow and oxygen to the muscles before we get into the 'meat & potatoes' of the session. So avoid high tension and high cadence in the warm up.

On the run, it should feel easy, with comfortable breathing and you could talk all day! We focus on stride rate *ALL the TIME* (see stride rate notes). At first this high stride rate will not feel easy per se and may induce a higher HR response. That is ok and developing this important motor skill takes time. In saying that you can still run at a pace that is EASY while turning the legs over quicker. A treadmill set to 0% grade will assist this!

### **MODERATE (Ironman Pace)**

This eventually becomes your Ironman/Iron distance pace, it's not hard but if you held this pace for a sustained amount of time by virtue of the volume your perceived effort will shift towards mod-hard to hard.



## Training intensity levels:

You should feel some strength in all swim, bike and running but all in all it should feel like a good pace with controlled breathing and efforts that are easy to recover from.

### **MOD-HARD (70.3 - Half Ironman Pace)**

This is really the 'meat & potatoes' of your training intensity. It is where we can develop great aerobic capacity with less volume and get more bang for our training buck without logging endless boring slow miles!

I wouldn't call this pace one that really hurts but it's not exactly pain free either. Focus becomes critically important to keep form and pace maximised. It's pace you can hold but you couldn't push much harder without having to back off again.

### **HARD (Olympic Distance Pace)**

This is an effort that is uncomfortable. Period. We place these efforts in specific amounts ie short or specific efforts or as longer sustained efforts at the back end of our aerobic (easy) sessions. This way we can push HARD and get the desired training effect without compromising our ability to recover or push so hard that we harm our muscular and aerobic systems. This is because we have developed some good fatigue (insurance policy).

You will be breathing hard but you have a little extra to give if required. The pace definitely hurts but you can sustain it for the advised periods.

### **FAST (Sprint Distance Pace)**

This effort is quite uncomfortable. In training we only typically do short repeats of this fast work so we drip in the stimulus rather than a big hammer blow. This intensity could be described as a Sprint Distance Tri effort, 30-45' TT or a 10k run pace effort.

### **ALL OUT!**

Very simply you "*let the dogs out!*" This is a maximal effort both aerobically and muscularly. Every fiber of your being will be yelling at you to stop. This effort intentionally hurts but its only for short periods of time. We only drip small amounts of this in but it has huge positive impact on your aerobic capacity. This means we develop aerobic endurance through this high intensity pathway.