

# Compex®

Your intelligent training partner

## HOW TO INTEGRATE ELECTROSTIMULATION INTO TRIATHLON TRAINING



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# TESTIMONIAL

## GUY HEMMERLIN : HEAD COACH ENDURANCE TRAINING CONCEPT

I used Compex for ten years as a tri-athlete. It allowed me to complete my daily workout with electrostimulation sessions specific to my needs. The workouts I did with my Compex device complimented the work I was doing in all three of my sport's disciplines. When my career evolved into sports coaching, I naturally integrated Compex with the regime for my professional and amateur athletes. I am convinced of the value of this technology and appreciate the development and research constantly undergone by this brand.

Whether to encourage a more complete recovery or enhance a specific muscle-building workout, Compex equipment is a valuable training tool for any tri-athlete. This sport consists of three extremely demanding disciplines which require a significant volume of muscular training and development. Compex saves time while retaining the highest workout quality.



### BIO

After a decade-long triathlon career, Guy Hemmerlin put on the coaching hat in 1996, taking the reins of the D1 Tricastin Team.

In 1998, he took advantage of the evolving internet to become the first coach in Europe to launch a remote coaching website. Year after year, Guy deepened his knowledge and experience from continual contact with professional and amateur athletes in the field.

In 2014, Guy published his first long-distance triathlon training book entitled '0-226 km'. In 2015 he wrote the important swimming manual 'From Pool To Open Water', decrypting the front-crawl. In the same year, he became a certified Ironman coach, an honour very few achieve.

A true professional, his expertise is virtually unsurpassed. The Guy Hemmerlin training method is constantly evolving, but remains accessible to all athletes, a benchmark in the Triathlon world.

[www.endurancetrainingconcept.com](http://www.endurancetrainingconcept.com)



# HOW TO USE COMPEX IMPORTANT TIPS

## WHEN TO START PREPARING

- This booklet offers three training plans: one for the short-distance triathlon, one for a Half-Ironman 70.3 triathlon (L) and a one for a Full-Ironman 140.6 triathlon (XL). The training plans outlined in this manual, incorporating the Compex sessions, are designed to run 10, 12 and 16 weeks respectively.
- The prerequisite for this training is overall good physical condition with regular physical activity during the month previous to starting the training plan. It is recommended to have completed a shorter triathlon before preparing for the longer distance.
- For triathletes who have never practiced electrostimulation, including qualitative sessions (endurance, strength, cross-training), an initiation period of 2 to 3 weeks is highly recommended before starting this full training regime.

## SIMILAR PROGRAMS ACROSS DIFFERENT COMPEX DEVICES

Sometimes, Compex models will use different names to refer to the same program type. Below is a key so you can identify the correct program:

- **CAPILLARIZATION = OXYGENATION = OVERCOMPENSATION = LONG RUN OPTIMISATION**
- **CORE STABILIZATION = MUSCLE BUILDING**
- **TRAINING RECOVERY = ACTIVE RECOVERY**

## SETTING THE INTENSITY IS THE KEY TO SUCCEED

**For Development sessions** (Endurance, Strength, Resistance, Core stabilization)

- **Maximum toleration:** It is crucial to reach the highest level of intensity possible (though the session must always remain bearable). Intensity determines the number of muscle fibers which are engaged or 'recruited' by the stimulation. The best way to determine your maximum toleration is simply through your own judgement of what your body can cope with. The contractions must be powerful without ever becoming intolerable. The progress of a stimulated muscle will be greater if the Compex device recruits a high number of its fibers.

Some general rules to help you train:

- Observe the electrode placements indicated and note their polarity (+ and -). For wireless devices: the + polarity is located on the electrodes where there is an on / off button; for wired models, the + polarity comes from the color wire.\*
- Consider changing your electrodes on a regular basis. If the gel layer on the electrode deteriorates, it will be less conductive and you will not be able to achieve higher levels of stimulation.
- Always look to progress:
  - Increase the intensity marginally every 3,4 or 5 contractions throughout a session.
  - In subsequent sessions aim to exceed the level of intensity reached in the previous session
  - It is often more comfortable to voluntarily contract the muscles, synchronised with the stimulation

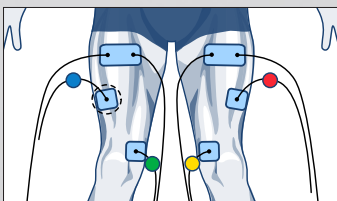
## For Training recovery and Capillarization sessions:

Increase the intensity gradually; it should produce visible muscular twitches.

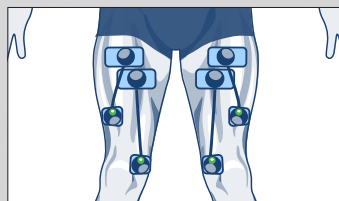
\*for older generation devices, the + polarity is located alongside the red connector.

# STRENGTH AND RESISTANCE PROGRAMS

## QUADRICEPS



ELECTRODE PLACEMENT  
(WIRED)



ELECTRODE PLACEMENT  
(WIRELESS)



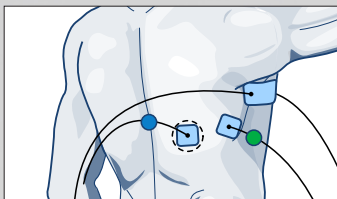
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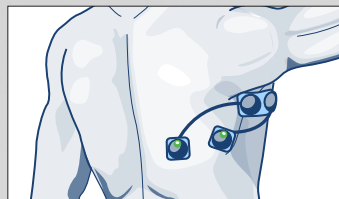
### Body positioning and combined workout

- Sit with knees bent at approximately 90°
- Secure the ankles to avoid knee extension when there is a powerful contraction
- Sit on chair
- When the contraction begins, position yourself in a semi-squat
- Sit back down at the end of the contraction
- Keep the back straight, lower back arched and eyes facing straight forward

## LATISSIMUS DORSI MUSCLES



ELECTRODE PLACEMENT  
(WIRED)



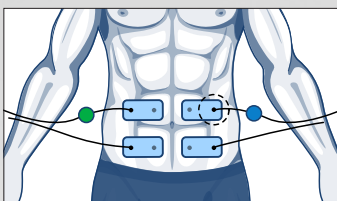
ELECTRODE PLACEMENT  
(WIRELESS)



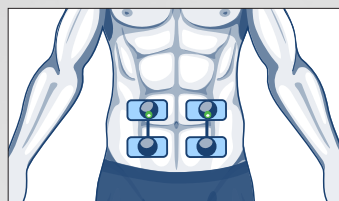
### With each contraction, perform the following routine:

- Exhale slowly allowing the belly to draw in
- Push the elbows into the armrests
- Clench the buttocks and maintain a straight back as you move the arm

## CORE



ELECTRODE PLACEMENT  
(WIRED)



ELECTRODE PLACEMENT  
(WIRELESS)



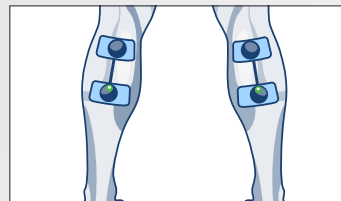
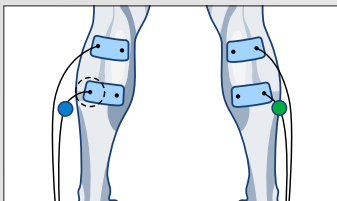
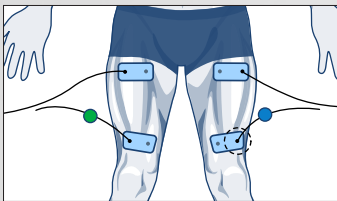
### Sit on a firm chair with a straight back.

### With each contraction, perform the following routine:

- Exhale slowly, emptying the lungs for the duration of the contraction
- Pull in the belly

# TRAINING RECOVERY AND CAPILLARIZATION PROGRAMS

## QUADRICEPS AND TRICEPS SURAL



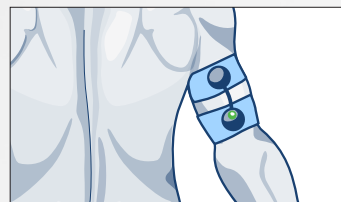
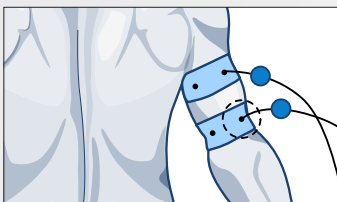
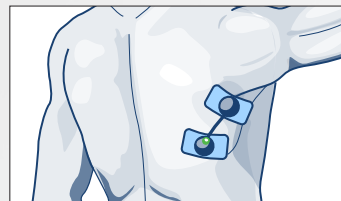
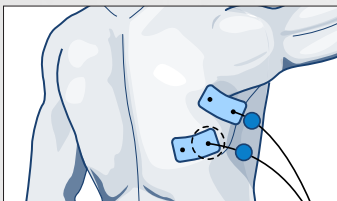
**ELECTRODE PLACEMENT  
(WIRED)**

**ELECTRODE PLACEMENT  
(WIRELESS)**



- Ensure you are in a comfortable lying position
- Elevate the feet/legs to receive the maximum benefit of the stimulation.

## LATISSIMUS DORSI MUSCLE AND TRICEPS



**ELECTRODE PLACEMENT  
(WIRED)**

**ELECTRODE PLACEMENT  
(WIRELESS)**



- Ensure you are in a comfortable position, sitting or lying on your stomach.

# OBJECTIVE: SHORT DISTANCE TRIATHLON




## INSTRUCTIONS:

This is a 10 week training program, with sessions for quadriceps and latissimus dorsi muscles. If it is only possible to work one muscle group, the priority should be the quadriceps.

In this training plan, we will cover swimming, running and cycling, including distances and durations. The intensity of the workouts is dependant on your level.



If you are highly motivated and have time, you can also add Core stabilization sessions into the schedule. We recommend 3 sessions per week for at least 3 weeks, depending on your level.

## 3 WEEKS PREDOMINATLY LAND



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	SWIMMING	2000 m 4X50 very fast r=30" TEST 800m		3200m 6X200 r = 25" 4X400 (1 en crawl – 1 en pull – 2 en pull paddle) r = 30"	REST	2500 m 12X50 paddle r=15" 6X100 r=20"		
	CYCLING		Home Trainer 15' soft 5X4' r=3' 15' soft		REST			Long run 3h00 (group or alone)
	RUNNING			Running 1h00	REST		Session fast-slow-fast Warm up 30' 1 X 12' / 1' 15" flexible	
	 <b>PHYSICAL PREPARATION</b>  <b>RECUPERATION</b> 	Capillarization Latissimus dorsi muscles and Triceps	Strength 1 Quadriceps Strength 1 Latissimus dorsi muscles		Training recovery Quads and Triceps sural	REST	Strength 1 Quadriceps Training recovery Quads and Triceps	Strength 1 Latissimus dorsi muscles Training recovery Quads and Triceps sural

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 2	SWIMMING	2900 m 600 pull paddle 10X100 r=10"		2900 m 2X(8X50) r = 10" 4X200 pull r = 15"	REST	2500 m 12X75 r=15" 6X200 r=40"		
	CYCLING		Hard session 4X20' r=10'		REST			Multitraining session Cycling 2h00 Running 25'
	RUNNING			Jogging 55'	REST		20' soft 3x10' hard 20' soft	
	 <b>PHYSICAL PREPARATION</b>  <b>RECUPERATION</b> 	Capillarization Latissimus dorsi muscles and Triceps	Strength 1 Quadriceps Strength 1 Latissimus dorsi muscles		Training recovery Quads and Triceps sural	REST	Strength 1 Quadriceps Training recovery Quads and Triceps	Strength 1 Latissimus dorsi muscles Training recovery Quads and Triceps sural

**WEEK 3**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SWIMMING</b>		2500 m 6X150 r=15" 400 pull en amplitude		3100 m 16X75 paddle r=15" 600 pull	REST	3100 m 12X50 (crawl – pull – pull paddle) 3X 400 r=30"		
<b>CYCLING</b>			MAP session 45' warm-up 5x6' r=4' 45' flexible		REST			Long session 3h00 (group or alone)
<b>RUNNING</b>				Jogging 1h10 trail	REST		2000 m MAS test	
<b>Compex®</b>	<b>PHYSICAL PREPARATION</b> 	Capillarization Latissimus dorsi muscles and Triceps	Strength 1 Quadriceps		REST	Strength 1 Quadriceps	Strength 1 Latissimus dorsi muscles	Capillarization Quads and Triceps sural
	<b>RECUPERATION</b> 		Strength 1 Latissimus dorsi muscles					



**3 WEEKS - DOMINANT MAS-MAP**
**WEEK 4**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SWIMMING</b>		2900 m 4X200 r=20" 12X100 r=15"		3100 m 16X75 paddle r=15" 600 pull	REST	3100 m 12X50 (crawl – pull – pull paddle) 3X 400 r=30"		
<b>CYCLING</b>			MAP session 45' warm-up 5x6' r=4' 45' flexible		REST			Long session 3h00 (group or alone)
<b>RUNNING</b>				Jogging 1h10 trail	REST		2000 m MAS test	
<b>Compex®</b>	<b>PHYSICAL PREPARATION</b> 	Capillarization Latissimus dorsi muscles and Triceps	Strength 1 Quadriceps		REST	Strength 1 Quadriceps	Strength 1 Latissimus dorsi muscles	Capillarization Quads and Triceps sural
	<b>RECUPERATION</b> 		Strength 1 Latissimus dorsi muscles					



**WEEK 5**



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SWIMMING</b>		2900 m 4X200 r=25" 10X50 paddle r=10"		2600 M12x100 (crawl - pull - pull platelets) 400 swimming	REST	2900m 10 X 50 = r 15 " 8X150 (100 hard - 50 fast) r = 20'		
<b>CYCLING</b>			MAS session 45' warm-up 2x (4x4') r=3' R=20' flexible 45' flexible		REST			Multitraining session Cycling 2h15 Running 40'
<b>RUNNING</b>				Jogging 1h00	REST		MAS session 20' warm-up 10x300m MAS pace +1km/h r=time effort 20' flexible	
<b>Compex®</b>	<b>PHYSICAL PREPARATION</b> 	Capillarization Latissimus dorsi muscles and Triceps	Strength 1 Quadriceps		REST			Capillarization Quads and Triceps sural
	<b>RECUPERATION</b> 		Strength 1 Latissimus dorsi muscles					

# OBJECTIVE: SHORT DISTANCE TRIATHLON

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 6	SWIMMING	3300 m 3X300 m (25 fast - 75 sustained) r=30" 10 X 100 r=20"		3100 m 3X(4X100) r=10", R=1' 10X50 crawl r=10"	REST	3100 m 10X50 paddle r=20" 4X200 r=20"		
	CYCLING		Threshold session 30' warm-up 4x8' hilly course r=4' 30' flexible		REST			Long session 3h00 (group or alone)
	RUNNING			Jogging 1h10	REST		MAS session 20' warm-up 6x600m MAS pace r=time effort 15' cool down	
Compex®	PHYSICAL PREPARATION 	Capillarization Latissimus dorsi muscles and Triceps	Strength 1 Quadriceps			Strength 1 Quadriceps	Strength 1 Latissimus dorsi muscles	Capillarization Quads and Triceps sural
	RECUPERATION 		Strength 1 Latissimus dorsi muscles		REST			
				Training recovery Quads and Triceps sural		Training recovery Quads and Triceps	Training recovery Quads and Triceps sural	

## 3 WEEKS - DOMINANT VMA-PMA

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 7	SWIMMING	3100 m 12X50 paddle r=15" 10X100 m crawl r=20"		3000 m 8X100 Plaquettes r=15" 4X200 r=20"	REST	3100 m 10X50 paddle r=20" 4X200 r=20"		
	CYCLING		Hilly run 2h00		REST			Long session 3h00 (group or alone)
	RUNNING			Threshold session 20' warm-up 6x1000m r=1'30" 20' flexible	REST		Jogging 1h00 + 5 series	
Compex®	PHYSICAL PREPARATION 	Capillarization Latissimus dorsi muscles and Triceps	Strength 1 Quadriceps			Strength 1 Quadriceps	Strength 1 Latissimus dorsi muscles	Capillarization Quads and Triceps sural
	RECUPERATION 		Strength 1 Latissimus dorsi muscles		REST			
				Training recovery Quads and Triceps sural		Training recovery Quads and Triceps	Training recovery Quads and Triceps sural	

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 8	SWIMMING	3100 m 12X50 Plaquettes r=15" 6X150 r=20"		3000m 12X75 r=15" 2X800 (crawl - Pull paddle)	REST		Swimming in open water 30'	
	CYCLING		Threshold session 30' warm-up 6x8' race pace r=7' 40' flexible		REST			Aerobic session on hilly course climb bumps power 2h00
	RUNNING			Fast - slow - fast series 20' warm-up 12x45" / 15" 20' cool down	REST	Jogging 1h00 + 5 series		
Compex®	PHYSICAL PREPARATION 	Capillarization Latissimus dorsi muscles and Triceps	Strength 1 Quadriceps			Strength 1 Latissimus dorsi muscles	Strength 1 Quadriceps	Capillarization Quads and Triceps sural
	RECUPERATION 		Strength 1 Latissimus dorsi muscles		REST			
				Training recovery Quads and Triceps sural		Training recovery Quads and Triceps		



**WEEK 9**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SWIMMING</b>		3200 m 3X (50-75 (r = 15 ") 100-125-150 r = 25 " 1000 swim hard		33000 m 16X50 r=15" 8X100 paddle r=20"	REST		Swimming in open water 30'	
<b>CYCLING</b>			2h00 flat session		REST			Multitraining session Cycling 20' warm-up 4x8km Running 2km Cycling 20' flexible
<b>RUNNING</b>				Threshold session 20' warm-up 2x1000m r=2' - 1x2000m r=3' - 2x1000m r=2' 15' flexible	REST	Jogging 1h00 + 5 series		
<b>Compex®</b>	<b>PHYSICAL PREPARATION</b> 	Capillarization Latissimus dorsi muscles and Triceps	Strength 1 Quadriceps					Capillarization Quads and Triceps sural
	<b>RECUPERATION</b> 		Strength 1 Latissimus dorsi muscles	Training recovery Latissimus dorsi muscles + Triceps Training recovery Quads and Triceps sural	REST	Training recovery Quads and Triceps		

**WEEK 10**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SWIMMING</b>		2600 m 6X150 r=25" 600 pull paddle			2500 m 12 X 50 r=20" 10X100 pull paddle r=30"	REST	Swimming in open water 30'	<b>COMPETITION</b>
<b>CYCLING</b>			Hilly session 2h00		REST			
<b>RUNNING</b>			Threshold session 20' warm-up 5x1000m r=2' 15' flexible			REST		
<b>Compex®</b>	<b>OVERCOMPENSATION</b>	Training recovery Quads and Triceps	REST	2 x Capillarization latissimus dorsi muscles and Triceps 2 x Capillarization Quads and Triceps sural	2 x Capillarization latissimus dorsi muscles and Triceps 2 x Capillarization Quads and Triceps sural	2 x Capillarization latissimus dorsi muscles and Triceps 2 x Capillarization Quads and Triceps sural	2 x Capillarization latissimus dorsi muscles and Triceps 2 x Capillarization Quads and Triceps sural	


# OBJECTIVE: 70.3 IRONMAN - TRIATHLON L



## INSTRUCTIONS:

This is a 12 week training program, with sessions for quadriceps and latissimus dorsi muscles. If it is only possible to work one muscle group, the priority should be the quadriceps.



In this training plan, we will cover swimming, running and cycling, including distances and durations. The intensity of the workouts is dependant on your level.

If you are highly motivated and have time, you can also add core stabilization sessions into the schedule. We recommend 3 sessions per week for at least 3 weeks, depending on your level.



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	SWIMMING	3200 m 6X150 (3 en crawl, 3 en pull paddle) r=15" 400-300-200-100 r=20"		2500m 8X100 r=15" 600 pull amplitude	REST	3000m 6X100 (25 vite, 75 soutenu) r=15" 4X400 r=35"		
	CYCLING		Hilly session 2h00		REST		Threshold session 40' warm-up 6x8' hilly course r=4' 40' flexible	Long session 3h00
	RUNNING			20' flexible 3X8' hard 20' flexible	REST	Jogging 1h00		
Compex®	PHYSICAL PREPARATION 	Capillarization Latissimus dorsi muscles and Triceps	Force 1 Quadri		REST	Strength 1 Quadriceps	Strength 1 Latissimus dorsi muscles	Capillarization Quads and Triceps sural
	RECUPERATION 		Strength 1 Latissimus dorsi muscles	Training recovery Quads and Triceps sural				

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 2	SWIMMING	REST	3200m 5X200 r = 25" 2X400 r=20" 600 Plaquettes pull		2700 m 10X50 r=30" 8X100 r = 20" 500 respi 3-5 temps pull paddle			
	CYCLING	REST		Multitraining session Cycling 2h00 Running 30'			MAP session 60' warm-up 5x5' r=3' 30' flexible	Long session 3h30
	RUNNING	REST	2000m MAS test			20' warm-up 30' hard 15' return to calm		
Compex®	PHYSICAL PREPARATION 	REST	Capillarization Latissimus dorsi muscles + Triceps	Strength 1 Latissimus dorsi muscles	Strength 1 Quadriceps	Strength 1 Latissimus dorsi muscles	Strength 1 Quadriceps	Capillarization Quads and Triceps sural
	RECUPERATION 			Training recovery Quads and Triceps sural	Training recovery Quads and Triceps	Training recovery Quads and Triceps		



**WEEK 3**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SWIMMING</b>		REST	3000 m 8X150 r=10" 600 Pull paddle		2600 m 12X100 r=15" 12X50 (4 en crawl, 4 en pull, 4 en pull paddle ) r=15"			
<b>CYCLING</b>		REST		2h00 flat session on the small chainrings with velocity			Threshold session 30' warm-up 3x15' r=5' 40' flexible	Long session 3h30 in aero position
<b>RUNNING</b>		REST	Session fast-slow-fast Warm up 30' 12X1' / 1'15' flexible			Jogging 1h15		
<b>Compex®</b>	<b>PHYSICAL PREPARATION</b> 	REST	Capillarization Latissimus dorsi muscles + Triceps	Strength 1 Latissimus dorsi muscles	Strength 1 Quadriceps	Strength 1 Latissimus dorsi muscles	Strength 1 Quadriceps	Capillarization Quads and Triceps sural
	<b>RECUPERATION</b> 			Training recovery Quads and Triceps sural	Training recovery Quads and Triceps		Training recovery Quads and Triceps sural	


**WEEK 4**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SWIMMING</b>		REST	2700 m 8X100 r=10" 800 Pull paddle		3100 m 8X100 r=10" 5X200 r=30"			
<b>CYCLING</b>		REST					Multitraining session Cycling 2h30 Running 45'	Long session 3h00 aero position
<b>RUNNING</b>		REST		MAS session 20' warm-up 6x2' hilly r=2' 20' flexible		Threshold session 25' warm-up 3x8' r=2'30 20' flexible		
<b>Compex®</b>	<b>PHYSICAL PREPARATION</b> 	REST	Strength 1 Quadriceps		Capillarization Latissimus dorsi muscles + Triceps	Strength 1 Latissimus dorsi muscles		Capillarization Quads and Triceps sural
	<b>RECUPERATION</b> 		Training recovery Quads and Triceps	Training recovery Quads and Triceps sural			Training recovery Quads and Triceps sural	



**WEEK 5**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SWIMMING</b>		REST	2600 m 12X100 r=15" 12X50 (4 en crawl, 4 en pull, 4 en pull paddle ) r=15"		2500 m 8X50 (4 in crawl, 4 sweater platelets) r=15" 600 pull amplitude			
<b>CYCLING</b>		REST		2h00 flat session on the small chainrings with velocity			Threshold session 40' warm-up 4x10' r=3' 30' flexible	Long session 4h30 aero position
<b>RUNNING</b>		REST	Threshold session 25' warm-up 3x12' r=2'30 20' flexible			Jogging 1h15		
<b>Compex®</b>	<b>PHYSICAL PREPARATION</b> 	REST		Strength 2 Latissimus dorsi muscles	Strength 2 Quadriceps	Strength 2 Latissimus dorsi muscles	Strength 2 Quadriceps	Capillarization Quads and Triceps sural
	<b>RECUPERATION</b> 		Training recovery Quads and Triceps sural	Training recovery Quads and Triceps sural	Capillarization Latissimus dorsi muscles + Triceps		Training recovery Quads and Triceps sural	



# OBJECTIVE: 70.3 IRONMAN - TRIATHLON L

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 6	SWIMMING	REST	2400m 10X100 r=20" 400 5 series		2700 m 20X50 r= 20" 6X100 crawl r= 20"			
	CYCLING	REST		2h00 hilly session			Threshold session 40' warm-up 4x15' r=5' 45' flexible	Multitraining session Cycling 3h30 Running 40'
	RUNNING	REST	Threshold session 20' warm-up 4x6' r=2'30 20' flexible			Jogging 1h20		
Compex®	PHYSICAL PREPARATION 	REST		Strength 2 Latissimus dorsi muscles	Strength 2 Quadriceps	Strength 2 Latissimus dorsi muscles	Strength 2 Quadriceps	Capillarization Quads and Triceps sural
	RECUPERATION 		Training recovery Quads and Triceps sural		Capillarization Latissimus dorsi muscles + Triceps		Training recovery Quads and Triceps sural	



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 7	SWIMMING	2400 m 12X50 paddle r=25" 6 X 100 r=25"		3200 m 100-200-300- 400 en crawl r= 20" 400-300-200-100 pull paddle r=20"	REST			
	CYCLING			2h00 hilly session	REST		Multitraining session Cycling 2h00 in aero position Running 40'	4h00 long session aero position
	RUNNING		Threshold session 20' warm-up 10'-5' - 10'-5' r=3' 20' cool down		REST	Jogging 1h20		
Compex®	PHYSICAL PREPARATION 	Strength 2 Quadriceps	Strength 2 Latissimus dorsi muscles	Capillarization Latissimus dorsi muscles + Triceps	REST	Strength 2 Quadriceps	Strength 2 Latissimus dorsi muscles	Capillarization Quads and Triceps sural
	RECUPERATION 	Training recovery Quads and Triceps	Training recovery Quads and Triceps sural				Training recovery Quads and Triceps sural	

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 8	SWIMMING	REST	2800 m 50-100- 150-200-250-200- 150-100-50 r=20" 800 with fins		2600 m 8X75 r=15" 10X100 r=20"			
	CYCLING	REST		Aerobic session 2h00			Multitraining Cycling 40' warm-up 6x12' threshold r=3' Running 30'	4h00 long session aero position
	RUNNING	REST	Threshold session 20' warm-up 10'-5' - 10'-5' r=3' 20' cool down			Jogging 1h30		
Compex®	PHYSICAL PREPARATION 	REST		Strength 2 Latissimus dorsi muscles	Capillarization Latissimus dorsi muscles + Triceps	Strength 2 Quadriceps		Capillarization Quads and Triceps sural
	RECUPERATION 		Training recovery Quads and Triceps sural				Training recovery Quads and Triceps sural	



WEEK 9

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SWIMMING</b>		REST	2800 m 8x75' paddle r=15' 2x300 15 (25 legs, crawl 50) r=40' 4X150 pull r=15'		2900 m 8X100 r=15" 300-200-100 paddle r = 20"			
<b>CYCLING</b>		REST		Aerobic session 2h00			Threshold session 60' warm-up 5'-10'-15'-10'-5' r=5' 40' flexible	4h00 long session
<b>RUNNING</b>		REST	Jogging 50'		Threshold session 25' warm-up 5x3' r=1'30 20' flexible	Jogging 1h40		
<b>Compex®</b>	<b>PHYSICAL PREPARATION</b> 	REST	Resistance 1 Quadriceps	Resistance 1 Latissimus dorsi muscles	Capillarization Latissimus dorsi muscles + Triceps	Resistance 1 Quadriceps	Resistance 1 Latissimus dorsi muscles	Capillarization Quads and Triceps sural
	<b>RECUPERATION</b> 		Training recovery Quads and Triceps sural			Training recovery Quads and Triceps sural		

WEEK 10

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SWIMMING</b>		2500 m 12X50 paddle r=15" 8X100 r= 10"		3200m 5x200 r=15' 800 fast swimming	REST	2800 m 8X50 r =15" 4X200 (2 crawl -1 pull - pull paddle) r =20"		
<b>CYCLING</b>				Multitraining session Cycling 2h30 in aero position Running 40'	REST			4h00 long session aero position
<b>RUNNING</b>			Jogging 55'		REST		Threshold session 30' Warm-up 3x10' race pace 20' flexible	
<b>Compex®</b>	<b>PHYSICAL PREPARATION</b> 	Resistance 1 Quadriceps	Resistance 1 Latissimus dorsi muscles		REST	Resistance 1 Quadriceps	Resistance 1 Latissimus dorsi muscles	Capillarization Quads and Triceps sural
	<b>RECUPERATION</b> 		Training recovery Quads and Triceps			Training recovery Quads and Triceps sural	Capillarization Latissimus dorsi muscles and Triceps	

WEEK 11

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SWIMMING</b>		2600m 12x100 r=25" 600 pull amplitude 5 series		2500m 10x100 Finis r=15" 3X200 open water	REST	2800 m 10X100 r = 20" 3X400 (crawl-pull-pull paddle) r = 40"		
<b>CYCLING</b>				Multitraining session Cycling 2h30 Running 15'	REST			3h30 long session aero position
<b>RUNNING</b>			Jogging 1h30		REST		Threshold session 25' warm-up 3x8' r=3' 20' flexible	
<b>Compex®</b>	<b>PHYSICAL PREPARATION</b> 	Resistance 1 Quadriceps	Resistance 1 Latissimus dorsi muscles		REST			Capillarization Quads and Triceps sural
	<b>RECUPERATION</b> 		Training recovery Quads and Triceps			Training recovery Quads and Triceps sural	Capillarization Latissimus dorsi muscles and Triceps	

# OBJECTIVE: 70.3 IRONMAN - TRIATHLON L

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 12	SWIMMING	REST	2500 m 8X100 pull paddle r=20" 12X50 r=15"			REST	20' flexible at sea	COMPETITION
	CYCLING	REST		2h00 flexible aerobic session		REST		
	RUNNING	REST			Jogging 50'	REST		
Compex®	SURCOMPENSATION	REST	Training recovery Quads and Triceps	2 x Capillarization latissimus dorsi muscles and Triceps 2 x Capillarization Quads and Triceps sural	2 x Capillarization latissimus dorsi muscles and Triceps 2 x Capillarization Quads and Triceps sural	2 x Capillarization latissimus dorsi muscles and Triceps 2 x Capillarization Quads and Triceps sural	2 x Capillarization latissimus dorsi muscles and Triceps 2 x Capillarization Quads and Triceps sural	



# OBJECTIVE: 140.6 IRONMAN - TRIATHLON XL



## INSTRUCTIONS:

This is a 16 week training program, with sessions for quadriceps and latissimus dorsi muscles. If it is only possible to work one muscle group, the priority should be the quadriceps.



In this training plan, we will cover swimming, running and cycling, including distances and durations. The intensity of the workouts is dependant on your level.

If you are highly motivated and have time, you can also add core stabilization sessions into the schedule. We recommend 3 sessions per week for at least 3 weeks, depending on your level.



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	SWIMMING	REST	2700 m 2X(8X50) r=30" 3X200 paddle r=15"		2600 m 4X100 backstroke r=10' 8X100 crawl r=10' 600 Crawl pull paddle			
	CYCLING	REST		Aerobic session 2h00			Hard session 45' warm-up 4x10' r=5' 45' flexible	Long session 4h00 aero position
	RUNNING	REST	2000m MAS test			Jogging 1h20		
Compex®	PHYSICAL PREPARATION 	REST	Capillarization Latissimus dorsi muscles + Triceps	Strength 1 Latissimus dorsi muscles	Strength 1 Quadriceps	Strength 1 Latissimus dorsi muscles	Strength 1 Quadriceps	Capillarization Quads and Triceps sural
	RECUPERATION 			Training recovery Quads and Triceps sural	Training recovery Quads and Triceps		Training recovery Quads and Triceps sural	

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 2	SWIMMING	REST	3000m 12 X 50 pull r=15" 2 X 600m 1-> crawl, 2-> Pull paddle		3100 m 12X50 paddle r=15" 6X150 r=20" 400m pull			
	CYCLING	REST		Home training 20' warm-up 8 X 3' power r = 3' 20' return to calm			Hilly session 2h00	Long session 4h00 aero position
	RUNNING	REST	Hard session 45' flexible 40' hard 45' flexible			Jogging 1h20		
Compex®	PHYSICAL PREPARATION 	REST	Capillarization Latissimus dorsi muscles + Triceps	Strength 1 Latissimus dorsi muscles	Strength 1 Quadriceps	Strength 1 Latissimus dorsi muscles	Strength 1 Quadriceps	Capillarization Quads and Triceps sural
	RECUPERATION 			Training recovery Quads and Triceps sural	Training recovery Quads and Triceps		Training recovery Quads and Triceps sural	

# OBJECTIVE: 140.6 IRONMAN - TRIATHLON XL



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 3	SWIMMING	REST	3300 m 6X100 Plaquettes r=15" 4X300m (2 crawl-1 pull-1 pull paddle) r=30"		3300 m 12X150 r=20" 400 3-5-7 times			
	CYCLING	REST		2h00 flat session on the small chainrings with velocity			MAS session 60' warm-up 5x6' r=4' 30' flexible	Long session 4h30
	RUNNING	REST	Fast-slow-fast 20' flexible 12x45" / 15" 20' flexible		Threshold session 20' warm-up 3x2' r=3" 20' flexible	Jogging 1h40		
Compex®	PHYSICAL PREPARATION 	REST	Capillarization Latissimus dorsi muscles + Triceps	Strength 1 Latissimus dorsi muscles	Strength 1 Quadriceps	Strength 1 Latissimus dorsi muscles	Strength 1 Quadriceps	Capillarization Quads and Triceps sural
	RECUPERATION 			Training recovery Quads and Triceps sural	Training recovery Quads and Triceps		Training recovery Quads and Triceps sural	

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 4	SWIMMING	REST	2500 m 20X50 r=20" 10 paddle - 10 crawl 8X100 r=20"		2800m 16X50 (8 crawl-8 paddle) r=15" 3X300 r=25"			
	CYCLING	REST					MAP session 60' warm-up 5x8' r=4' 30' flexible	Long session 3h00
	RUNNING	REST		Jogging 1h00		Trail session between 50' and 1h20		
Compex®	PHYSICAL PREPARATION 	REST	Capillarization Latissimus dorsi muscles + Triceps	Strength 1 Latissimus dorsi muscles	Strength 1 Quadriceps	Strength 1 Latissimus dorsi muscles	Strength 1 Quadriceps	Capillarization Quads and Triceps sural
	RECUPERATION 			Training recovery Quads and Triceps sural	Training recovery Quads and Triceps		Training recovery Quads and Triceps sural	



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 5	SWIMMING	REST	3700m 4X500 r=25" 3X200 Pull r=15"			3000m 3X(10X50) r=10" 3X200 Pull r=15" 600 Pull paddle		
	CYCLING	REST			Threshold session 40' warm-up 4x15' r=5" 45' cool down			Long session 4h00
	RUNNING	REST		Jogging 1h45			Hard session 20' warm-up 30' hard 15' cool down	
Compex®	PHYSICAL PREPARATION 	REST	Capillarization Latissimus dorsi muscles + Triceps	Strength 1 Latissimus dorsi muscles		Strength 1 Quadriceps		Capillarization Quads and Triceps sural
	RECUPERATION 			Training recovery Quads and Triceps sural	Training recovery Quads and Triceps sural	Training recovery Quads and Triceps	Training recovery Quads and Triceps sural	





**WEEK 6**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SWIMMING</b>		REST	3300 m 8X150 r=10" 600 Pull paddle			3000 m 16X50 paddle r=15" 5X200 r=30"		
<b>CYCLING</b>		REST			Threshold session 40' warm-up 1h30 hard 45' cool down			Long session 5h00
<b>RUNNING</b>		REST		Jogging 1h40			Free jogging (fartlek)	
<b>Compex®</b>	<b>PHYSICAL PREPARATION</b> 	REST	Resistance 1 Quadriceps	Resistance 1 Latissimus dorsi muscles		Resistance 1 Quadriceps	Resistance 1 Latissimus dorsi muscles	Capillarization Quads and Triceps sural
	<b>RECUPERATION</b> 		Capillarization Latissimus dorsi muscles + Triceps		Training recovery Quads and Triceps sural	Training recovery Quads and Triceps	Training recovery Quads and Triceps sural	



**WEEK 7**



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SWIMMING</b>		REST	3800m 12X100 r=10" 800 Pull paddle			2900 m 12X100 r= 20" 4 X 200 r =25"		
<b>CYCLING</b>		REST			Aerobic session 2h00		Multitraining session Cycling 2h00 Running 1h50	Long session 4h00
<b>RUNNING</b>		REST		20' flexible 8x2' hilly and then 40 squats when reached the top r=2' 20' flexible				
<b>Compex®</b>	<b>PHYSICAL PREPARATION</b> 	REST	Resistance 1 Quadriceps	Resistance 1 Latissimus dorsi muscles		Resistance 1 Quadriceps	Resistance 1 Latissimus dorsi muscles	Capillarization Quads and Triceps sural
	<b>RECUPERATION</b> 		Capillarization Latissimus dorsi muscles + Triceps	Training recovery Quads and Triceps sural	Training recovery Quads and Triceps sural	Training recovery Quads and Triceps	Training recovery Quads and Triceps sural	



**WEEK 8**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SWIMMING</b>		REST	4000m 10X100 Plaquettes r =10" 2X400 r=25" 800 Plaquettes pull		2900 m 500 crawl – 400 pull – 300 crawl – 200 pull – 100 crawl r=30"			
<b>CYCLING</b>		REST		Multitraining session Cycling endurance 1h30 Running 55'		Aerobic session 2h00		Long session 5h00
<b>RUNNING</b>		REST			Jogging 1h50		Threshold session 25' warm-up 4x10' r=3' 20' flexible	
<b>Compex®</b>	<b>PHYSICAL PREPARATION</b> 	REST	Resistance 1 Quadriceps	Resistance 1 Latissimus dorsi muscles		Resistance 1 Quadriceps	Resistance 1 Latissimus dorsi muscles	Capillarization Quads and Triceps sural
	<b>RECUPERATION</b> 		Capillarization Latissimus dorsi muscles + Triceps	Training recovery Quads and Triceps sural	Training recovery Quads and Triceps sural	Training recovery Quads and Triceps	Training recovery Quads and Triceps sural	



# OBJECTIVE: 140.6 IRONMAN - TRIATHLON XL

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 9	SWIMMING	REST	4000 m 20X50 paddle r=15" 4X300 (crawl-pull-pull paddle) r=30"		3700 m 12X100 (3 en crawl, 3 en pull, 2 en pull paddle) r=15" 4X250 r=15"			
	CYCLING	REST		Aerobic session 2h00			Threshold session 45' warm-up 6x15' r=10' 45' flexible	Long session 5h00
	RUNNING	REST	Hard session 25' warm-up 30' hard 25' flexible		Threshold session 25' warm-up 4x12' r=3' 20' flexible	Jogging 2h00		
Compex®	PHYSICAL PREPARATION 	REST	Capillarization Latissimus dorsi muscles + Triceps	Resistance 1 Latissimus dorsi muscles			Resistance 1 Latissimus dorsi muscles	Capillarization Quads and Triceps sural
	RECUPERATION 			Resistance 1 Quadriceps	Training recovery Quads and Triceps sural	Training recovery Quads and Triceps sural	Resistance 1 Quadriceps	



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 10	SWIMMING	REST	3800 m 10X100 r=15" 4X450 r=40"			3300 m 6X200 r=10" 500, 400, 300, 200 r=25"		
	CYCLING	REST			Multitraining session Cycling endurance 2h00 Running 25'		Threshold session 40' warm-up 6x15' r=5' 45' cool down	Long session 6h00
	RUNNING	REST		Threshold session 20' warm-up 4x15' r=3' 15' flexible		Jogging 2h00		
Compex®	PHYSICAL PREPARATION 	REST	Resistance 1 Quadriceps	Resistance 1 Latissimus dorsi muscles				Capillarization Quads and Triceps sural
	RECUPERATION 			Capillarization Latissimus dorsi muscles + Triceps	Training recovery Quads and Triceps sural	Training recovery Quads and Triceps sural	Training recovery Quads and Triceps	

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 11	SWIMMING	REST	3700 m 3X1000 r=4'		3200 m 8X100 Pull r=10" 5X200 r=15"			
	CYCLING	REST		Multitraining session Cycling endurance 2h00 Running 1h10			Threshold session 40' warm-up 6x20' r=10' 45' cool down	Long session 6h00
	RUNNING	REST	Threshold session 20' warm-up 4x20' r=3' 15' flexible			Jogging 1h40 trail type		
Compex®	PHYSICAL PREPARATION 	REST	Capillarization Latissimus dorsi muscles + Triceps	Resistance 2 Latissimus dorsi muscles	Resistance 2 Quadriceps		Resistance 2 Latissimus dorsi muscles	Capillarization Quads and Triceps sural
	RECUPERATION 			Resistance 2 Quadriceps	Training recovery Quads and Triceps sural	Training recovery Quads and Triceps	Training recovery Quads and Triceps sural	

WEEK 12

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SWIMMING</b>		REST	3600 m 12X50 r=10" 3X700 r=40"		4000 m 1500 – 1000 – 500 r=5'			
<b>CYCLING</b>		REST		Threshold session 40' warm-up 6x20' r=10' 45' cool down			Threshold session 40' warm-up 6x30' r=10' 45' cool down	Multitraining session Cycling long session 4h00 Running 1h30
<b>RUNNING</b>		REST	Threshold session 20' warm-up 4x20' r=3' 15' flexible			Hard session 25' warm-up 1h30 hard 20' flexible		
<b>Compex®</b>	<b>PHYSICAL PREPARATION</b> 	REST	Capillarization Latissimus dorsi muscles + Triceps	Resistance 2 Latissimus dorsi muscles	Resistance 2 Quadriceps		Resistance 2 Latissimus dorsi muscles	Capillarization Quads and Triceps sural
	<b>RECUPERATION</b> 			Resistance 2 Quadriceps				



WEEK 13

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SWIMMING</b>		REST	2800 m 8X150 r=15" 4X300 r=25"		3200 m 12X100 r=20" 1200 pull paddle with amplitude			
<b>CYCLING</b>		REST		Aerobic session 2h00			Pace session 60' warm-up 4x40' r=10' 40' flexible	Long session 5h00
<b>RUNNING</b>		REST	Threshold session 20' warm-up 30' - 20' - 10' r=3' 15' flexible			Jogging 2h40		
<b>Compex®</b>	<b>PHYSICAL PREPARATION</b> 	REST	Capillarization Latissimus dorsi muscles + Triceps	Resistance 2 Latissimus dorsi muscles	Resistance 2 Quadriceps		Resistance 2 Latissimus dorsi muscles	Capillarization Quads and Triceps sural
	<b>RECUPERATION</b> 			Resistance 2 Quadriceps				

WEEK 14

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SWIMMING</b>		REST	3000 m 8X100 paddle r=15" 16X50 r=20"		3300 m 8X50 r=15" 3X600 1 en crawl, 1 en pull paddle 1 en crawl r=1'			
<b>CYCLING</b>		REST		Aerobic session on hilly course 2h00 Climb the hill on the large chainrings			Multitraining session Cycling 3h00 Running 1h30	Long session 4h00
<b>RUNNING</b>		REST	Threshold session 15' warm-up 4x15' r=5' 15' cool down			Jogging 1h00		
<b>Compex®</b>	<b>PHYSICAL PREPARATION</b> 	REST	Capillarization Latissimus dorsi muscles + Triceps	Resistance 2 Latissimus dorsi muscles	Resistance 2 Quadriceps	Resistance 2 Latissimus dorsi muscles		Capillarization Quads and Triceps sural
	<b>RECUPERATION</b> 			Resistance 2 Quadriceps				

# OBJECTIVE: 140.6 IRONMAN - TRIATHLON XL

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 15	SWIMMING	REST	3800m 12X150 r=5' 1200m swim flippers		3000 m 10X50 paddle r=15" 10X 150 r=30"			
	CYCLING	REST		Multitraining session Cycling 40' flexible 60' hard 40' flexible Running 25'			Pace session 60' warm-up 6x30' r=10' 40' flexible	Long session 5h00
	RUNNING	REST	Threshold session 20' warm-up 3x20' r=3' 20' flexible			Jogging 1h30		
	Compex® PHYSICAL PREPARATION  RECUPERATION 	REST	Capillarization Latissimus dorsi muscles + Triceps		Training recovery Quads and Triceps sural	Training recovery Quads and Triceps	Training recovery Quads and Triceps sural	Training recovery Quads and Triceps sural

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 16	SWIMMING	REST	2500 m 12X50 paddle r=20" 4X200 r=25"			REST	20' flexible at sea	COMPETITION
	CYCLING	REST		Aerobic session 2h00 flexible		REST		
	RUNNING	REST			Jogging 1h00	REST		
	Compex® SURCOMPENSATION	REST	Training recovery Quads and Triceps	2 x Capillarization latissimus dorsi muscles and Triceps 2 x Capillarization Quads and Triceps sural	2 x Capillarization latissimus dorsi muscles and Triceps 2 x Capillarization Quads and Triceps sural	2 x Capillarization latissimus dorsi muscles and Triceps 2 x Capillarization Quads and Triceps sural	2 x Capillarization latissimus dorsi muscles and Triceps 2 x Capillarization Quads and Triceps sural	

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