

Name: Vincent D'Onofrio
 Home: San Francisco
 Triathlon: since 2012

Training volume: 10-12h/week (peak 15-19h)
 Official start: 01.01.19
 Age: 32
 Work: 45-50h/week
 Travel for work: 1-2 weeks per 3 months

Goals for 2019: RUN 13.1 Kaiser Half-Marathon: under 1:13hrs
 Triathlon 70.3 Oceanside
 Triathlon IM Mont Tremblant goals were:
 a) new overall IM finishing time
 b) run marathon in under 3hrs
 c) Top 3 Age-Group
 d) Ironman Kona World Championships qualification

Injury April 2019 Bike accident during 70.3 Oceanside: broken clavicle meant surgery. Vinny was unable to train for the first 10d post surgery.

Rehab progress

Bike Indoor cycling commenced 12 days and running on a treadmill 6 weeks after the bike accident (May 15th)
Run Running training was resumed May 15th (1st week: Run #1 30min Run #2 40min Run #3 50min)
 His running volume increased gently every week. We started with 3 short runs per week (2hrs).
 It wasn't easy for him to run to begin with but it got easier with every run from here on out.
 His first longer run over 75mins took place 2 weeks after his first run (30min) then 4 weeks later he did 90mins exactly 8 weeks before Ironman Mont Tremblant where he ran a new marathon personal best of 2:54h (previous PR in an IM was 3:18 3:20h!!)
Swim His first swim (1000m) was 6 weeks after the bike accident (May 14).

Running training: final 8 weeks before IM Mont Tremblant

My coaching objectives and coaching goals were the following:
 * Create an overall training concept that is in line with the event demands (context) and then decide on the training content in relation to Vinny's physiological profile/metrics (testing).
 * Rebuild a stronger aerobic fat burning energy system (lipid power) and (muscular) endurance which had weakened after a 6 weeks long (forced) running break
 * We also had to reduce his glycolytic power (anaerobic energy system) thereby making him use more fat as fuel (running economy)
 * Lots of aerobic training meant a greater mitochondria biogenesis, thereby improved lactate reductions hence increased LT1 and LT2 speed and power.
 * Avoid running injuries at all cost, which would only slow down/hinder his progress. We had only 8 weeks to get proper marathon fit for IM Mont Tremblant.
 * Make great coaching decision. Every single run workout had to work out, deliver a great stimulus and keep him on the right path.
 * Support and build his confidence and constantly motivating him to stay focus and maintain a winner's attitude.
 * Carefully structured & designed every week's training plan to rebuild robustness in soft tissue and for better stress control, front foot runner, and tendency to run too often too intensely
 * Ensure a great line of communication throughout the entire process. Every day!! I needed to check in with him frequently every week, and particularly before and after every run workout.
 * From my athletes assessment which I do with every athlete at the start of every coaching engagement, I was aware of his tendency to develop calf strains (due to his running gait, front foot running style, and tendency to run too often too hard)

Dates	Wks until	Run volume	Frequency	Content:
June 24-30	8	3:54h	3x	1x 1:30hrs long run off
July 01-07	7	4:22h	4x	1x 15 miles at LT1 (fat oxidation)
July 08-14	6	4:39h	4x	high level of <LT1 (fat oxidation) training, 1x 16 miles LR with 5 x 1mins hills VO2max 2mins easy in 2nd hour
July 15-21	5	6:09h	5x	More compound (back to back running days), 1x 19 miles LR and 1x long fartlek run
July 22-28	4	3:48h	3x	1x progression run, 1x 15 miles at high altitude with IM marathon race heart rate.
July 29-04	3	2:10h	2x	easy/recovery
Aug 05-11	2	3:39h	4x	Race pace
Race week	1			Taper

Swimming

His first swim (1k) was scheduled 6 weeks after surgery. One week later we increased his swim volume by adding a second workout. He completed 2 swims (2k, 2.5k) during that week (May 20-26). And because he continued to make progress and feel good in the pool we were able to add a 3rd swim workout (3k/2.1k/3k).

Swim progression due to shoulder rehab was

Week	Volume	Frequency:	av. 3x swims per week
1	1k		
2	6k		Training vol: 3-4hrs/wk
3	12k		9-15k/wk
4	5k		
5	7k		
6	15k		
7	10k		
8	13k		
9	10k		
10	11k		
11	10k		
12	10k	total = 110km	av 9.16km/week

Ironman race week: **56:40min** new personal record previous PR was **1:02h** (IM Boulder 2018)
Improvement 7.65% despite the broken shoulder and rehab program!!!

Cycling

Lots of indoor trainer rides due to shoulder injury. His longest trainer ride was 4:45h!
 We had to use the trainer to get in a decent amount of quality before we were able to do more outside riding with more time spend in TT position (shoulder!!).
 approx 3 to 4 trainer rides per week over the first 8 weeks (5-12h volume range)
 His first proper long ride (5h) with tempo intervals was June 1st (Saturday), 8 weeks after the shoulder surgery.
 Focus was on threshold development, lots of <LT1 and longer intervals.

TRAINING DATA

Training frequency: swim sessions per week 3x, bike sessions per week 3-4x, run sessions per week 3-5x

Training distribution from May 1 until August 12 (including race week)

swim	20%
bike	53%
run	24.9%
Strength	1.4%
Other	

Training hours last 14 v 2018 2019

average	9:45h	11:34h
Peak	14h	19hrs

Ironman Boulder 09:20:59 OV 28th and 9th AG 30-34
 Ironman Mont Tremblant 9:01:11h 11th Overall including Professional / 3rd OV Amateur and 2nd AG 30-34
 from 9th AG to 2nd AG, from 28th OV to 11th OV including pgb!!!

Biggest training week from May 1 until August 12 Longest training session during May 1 until August 12 (last 14 wk before IM Mont Tremblant 2019)

Swim	4:30h	Swim	4500m
Bike	12h	Bike	112miles 6hrs
Run	6h	Run	19mi 2hrs

Biggest (time) training week was 19hrs (2019) Longest training session during May 1 until August 12 (last 14 wk before IM Boulder 2018)

Swim	5500m
Bike	112miles 6:15h
Run	21mi 2:20h

Testing data from Blood lactate testing (BLT):

Run	LT1	LT2	Date
Test #1	6:12/mile 144b	5:28/mile 164b	Jan/Feb 2019
Test #2	5:45/mile 155b		testing took place 10d before goal race I decided to stop our testing at 5:45 mile because I was content and got exactly the information I was looking for!! LT1 or aerobic threshold(RQ is >0.8) and therefore highly fat oxidative, meaning max fat use, therefore the ideal race intensity in ultra endurance events.

Improvements 3.5% Goal was achieved: new overall IM finishing PR
7.7% Goal was sub 3hrs Marathon.
 over 20min faster overall IM finishing time
 13:30min faster marathon
