

Appendix 1

weeks	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26		
Mon	1h swim + S&C	1h swim + S&C	1h swim + S&C	1h swim + S&C	1h swim + 30 min cycle + S&C	1h swim + 30 min cycle + S&C	1h swim + 45 min cycle + S&C	1h swim + 45min cycle + S&C	1h swim + 1h cycle + S&C	1h swim + 1h cycle + S&C	1.5 swim + 1h cycle + S&C	1.5 swim + 1h cycle + S&C	1.5 swim + 1h cycle + S&C	1.5 swim + 1h cycle + S&C	1.5 swim + 2h cycle + S&C	1.5 swim + 2h cycle + S&C	1.0 swim + 2h cycle + S&C	1.0 swim + 2h cycle + S&C	1h swim + 2h cycle	1.5 swim + 2h cycle	1.5 swim / 2h cycle + S&C	1.5 swim / 2h cycle + S&C	1.5 swim / 2h cycle + S&C	1.5 swim / 2h cycle + S&C	1.5 swim / 2h cycle + S&C	1.5 swim / 2h cycle + S&C	2h cycle / 1h run	
Tue	1.5h swim	1.5h swim	1.5h swim	1.5h swim	45min AlterG run 70%	45min AlterG run 70%	45min AlterG run 75%	1h AlterG run 75%	1h AlterG run 80%	1.5h AlterG run 80%	1.5h AlterG run 85%	1.5h AlterG run 85%	1.5h AlterG run 90%	1.5h AlterG run 90%	1.5h AlterG run 95%	1.5h run	1.5h run	1.5h run	1h run	1.5h run + S&C	2h swim + 1h cycle / 1h run	2h swim + 1h cycle / 1h run	2h swim + 1h cycle / 1h run	1h swim + 1h cycle / 1h run	1h swim + 1h cycle / 1h run	1h swim + 1h cycle / 1h run	1h swim	
Wed	30min AlterG run 60%	30min AlterG run 60%	45min AlterG run 65%	45min AlterG run 65%	1h swim + S&C	1h swim + S&C	1h swim + S&C	1h swim + S&C	1h swim + S&C	1h swim + S&C	1h swim + S&C	1h swim + S&C	1h swim + S&C	2h swim + S&C	2h swim + S&C	2h swim + S&C	2h swim + S&C	2h swim + S&C	1h swim + S&C	2h swim	1h cycle / 1h run + S&C	1h cycle / 1h run + S&C	1h cycle / 1h run + S&C	1h cycle / 1h run + S&C	1h cycle / 1h run + S&C	1h cycle / 1h run + S&C	1h cycle / 30min run	
Thu	1h swim + S&C	1h swim + S&C	1h swim + S&C	1h swim + S&C	1h AlterG run 70%	1h AlterG run 70%	1h AlterG run 75%	1h AlterG run 75%	1h AlterG run 80%	1h AlterG run 80%	1h AlterG run 85%	1h AlterG run 85%	1h AlterG run 90%	1h AlterG run 90% + 1h cycle	1h AlterG run 95% + 1h cycle	1h run + 2h cycle	1h run + 1h cycle	1h run + 1h cycle	1h cycle	1h run + 1h cycle + S&C	1h swim + 1h run	1h swim + 1h run	1h swim + 1h run	1h swim + 1h run + S&C	1h swim + 1h run + S&C	1h swim + 1h run + S&C	OFF	
Fri	45min AlterG run 60%	45 min AlterG run 60%	1h AlterG run 65%	1h AlterG run 65%	1.5 swim + 30min cycle	1.5 swim + 45min cycle	1.5 swim + 45min cycle	1.5 swim + 1h cycle	1.5 swim + 1h cycle	1.5 swim + 1h cycle	1.5 swim + 1h cycle	1.5 swim + 1h cycle	1.5 swim + 1h cycle + S&C	1.5 swim + 1h cycle + S&C	1.5 swim + 1h cycle + S&C	1.5 swim + S&C	1.5 swim + S&C	1.5 swim + S&C	1.5 swim + S&C	30 swim + 30min cycle + 15 min run	1.5 swim + 1h run	2h swim / 1.5h cycle + S&C	2h swim / 1.5h cycle + S&C	2h swim / 1.5h cycle + S&C	2h swim	1h swim	30 min swim / 30 min cycle / 15 min run	
Sat	1h swim + S&C	1h swim + S&C + 30min AlterG run 60%	1h swim + S&C + 30min AlterG run 65%	1h swim + S&C + 45min AlterG run 65%	1h AlterG run + S&C 70%	1h AlterG run 70% + S&C	1h AlterG run 75% + S&C	1.5h AlterG run 75% + S&C	1.5h AlterG run 80% + S&C	1.5h AlterG run 80% + S&C	1.5h AlterG run 85% + 30min cycle + S&C	1.5h AlterG run 85% + 30min cycle + S&C	1.5h AlterG run 90% + 1.5h cycle	1.5h AlterG run 90% + 2h cycle	1.5h AlterG run 95% + 2h cycle	1.5h run + 3h cycle	1.5h run + 2h cycle + S&C	1.0h run + 2h cycle	Ironman 70.3	1.5h run + 3h cycle + S&C	2h cycle / 2h run	4h cycle / 2.5h run	5h cycle / 2h run	4h cycle / 1h run + S&C	3h cycle / 1h run + S&C	Ironman		
Sun	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF
										Fatigue Testing						Fatigue Testing						Fatigue Testing						
Goal	Symptom control				Strength w/ controlled hip flexion						Strength and capacity full ROM						Energy Storage		Ironman 70.3	Energy Storage Loading progression						Ironman		
Stage	Isometric Loading				Controlled Isotonic Loading						Unrestricted Isotonic Loading						Taper		Race	Pre-comp preparation			Taper		Race			

*AlterG percentages are correspond to the fraction of total body weight being applied.