

MON

TUE

WED

THU

FRI

SAT

SUN

WEEK

BIKE

Build 2 of 6 IRONMAN Specifics
 Bike - Trainer (Progressive TT, 90)
 Duration (P) 1:30:00
Workout Description
 20 min easy spin (10 min TT 170%)
 10 min easy
 5 min TT (200W) recovery
 5 min TT (200)
 5 min easy
 5 min all out (1000) Easy spin
 cooldown
 Rest 4 min

SWIM

Bike 2000
 Duration (P) 1:00:00
 Distance (P) 2000m
Workout Description
 400 swim (20 x 100)
 400 swim (20 x 100) swimming with the
 clock
 200 swim (20 x 100) float
 for 1:30 and 20 min (20 swim) 100
 strokes
 with pull-up (10 min) set timing
 200 swim (20 x 100) swim perfect
 technique
 200 stroke and float

RUN

Run - Track/Interval
 Duration (P) 0:45:00
Workout Description
 75 min easy warmup
 11 x 1 min Repeats (2 300 m @
 2:00 min @ 2 1:30) about the 1/4
 mile marker on the 2.5 %

SWIM

Swim - Water Jet
Workout Description
 1000 swim w/
 7 rounds of 1 x 200 (100)
 200 pull-ups
 200 pull-ups
 400 pull
 200 kick

STRENGTH

Strength - Total Body
 Duration (P) 0:30:00
Workout Description
 70 push-ups (50 sec plank)
 20 sec x 2 side planks
 10 push-ups 100 mt
 10 push-ups (50 sec plank)
 20 sec x 2 side planks
 10 push-ups
 Mower Walks, 3 x 15 sec in
 each direction
 Squats w/ 10 lbs, 3 x 15 sec
 and slow

BRICK

Bike 2000
 Duration (P) 1:00:00
Workout Description Mostly
 steady riding with 1-10 minutes
 of strong effort mixed in to the
 session. This steady for 70-80
 between each strong effort
T Run
 20' of aerobic running within 10'
 of completing ride

RUN

Run - Steady
 Duration 1:00:00
Post Run Recovery Swims
 400P with 50 swim up
 400P 200 swim up
 400P with 50 swim up
 8 x 200' w/ 4 x ("Fast" / "easy")
 20' @
 6 x 100P (swim) 1 x 200P, 70L,
 80L, 90L @ 20'
 8 x 200P "moderate" ... focus on
 technique @ 10'

10

REST

Build & Begin Team
Workout Description
 Start putting 4 back 100 at once
 four of every week for
Key Off - Rest

SWIM

Run 100 - 2000
 900
 500 easy swim
 40'
 1:000 steady Easy and build to steady
 effort swim (100)
 400 easy and relaxed
 1:000 steady faster than the first and
 some change in effort required to
 swim faster
 20' 100 swim 200 swim
 Pre activity comments
 To add make your swimmer to faster
 than the first

RUN

Run - Track/Interval
 Duration (P) 0:45:00
Workout Description
 75 min easy warmup
 11 x 1 min Repeats (2 300 m @
 2:00 min @ 2 1:30) about the 1/4
 mile marker on the 2.5 %

SWIM

Swim - Race Prep 2000
 Duration (P) 0:45:00
 Distance (P) 2000m
Workout Description
 800
 400 Free (200 swim 100 pull
 40)
 2000 on gear race pace
 20'
 40' 100 on 15 gear race pace (75
 min)

STRENGTH

Strength - Total Body
 Duration (P) 0:30:00
Workout Description
 70 push-ups (50 sec plank)
 20 sec x 2 side planks
 10 push-ups 100 mt
 10 push-ups (50 sec plank)
 20 sec x 2 side planks
 10 push-ups
 Mower Walks, 3 x 15 sec in
 each direction
 Squats w/ 10 lbs, 3 x 15 sec
 and slow

BRICK

Bike 2000 Duration (P) 1:00:00
Workout Description Mostly
 steady riding with 3 x 10 @ race
 intensity on a short road as you
 need. Duration one day
T Run
 20' of aerobic running within 10'
 of completing ride

RUN

Run - Easy
 Duration 1:00:00
Post Run Recovery Swims
 400P with 50 swim up
 400P 200 swim up
 400P with 50 swim up
 8 x 200' w/ 4 x ("Fast" / "easy")
 20' @
 6 x 100P (swim) 1 x 200P, 70L,
 80L, 90L @ 20'
 8 x 200P "moderate" ... focus on
 technique @ 10'

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BIKE

Easy Steady
 If you do anything off the plan this
 week, do not think the cannot get
 any faster
 1 hour ride
 Very easy ride (100) but 100W @ 2
 1 min @ race effort on regular road.

SWIM

Run 1000
 1000
 500 easy full gear (pedals and
 long, then 100 x 100 @ 20' 20'
 of 100 on 15 gear pace. 20 min @ 1 x
 through
 1000 swim with an easy 200

RUN

400' running for 40'

SWIM

Prep 2000
 Duration (P) 0:45:00
 Distance (P) 2000m
Workout Description
 800
 400 Free (200 swim 100 pull
 40)
 2000 on gear race pace
 20'
 40' 100 on 15 gear race pace (75
 min)

PREP

10' Open Water Swims on course
 Practice sighting and weather
 take day

PREP

Custom - Pre - Race Tune Up
 Duration (P) 0:45:00
Workout Description
 Get out and into the bike, checking
 the gears and all maintenance for
 before the 300 minutes then get off
 for an easy 20 minutes on with
 200 minutes of riding. The aim is
 to keep the blood flowing and
 calm pre-race nerves

RACE DAY

Good luck and happy racing!

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