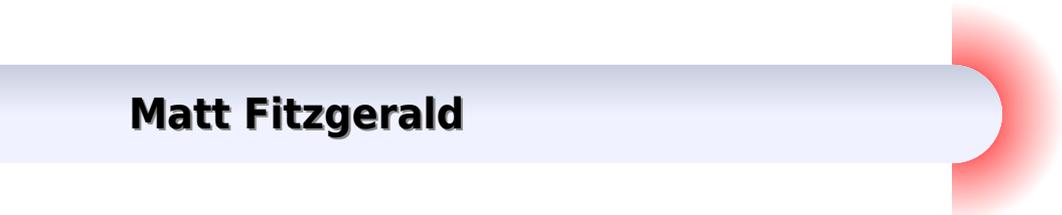


36 Week Beginner Ironman Training Plan

Week 1	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL Time
Swim	1500 TECH-A		1500 ST-A			1500 E-A	1:30
Bike		30 TEMPO-A	30 Z1		30 Z1/Z2		1:30
Run	30 Z1/Z2			30 Z1/Z2		30 Z1/Z2	1:30
							4:20
Week 2							
Swim	1500 TECH-B		1500 ST-B			1500 E-B	1:30
Bike		30 TEMPO-B	30 Z1		45 Z1/Z2		1:45
Run	30 Z1/Z2			35 Z1/Z2		30 Z1/Z2	1:35
							4:40
Week 3							
Swim	2000 TECH-A		1500 ST-A			1500 E-A	1:40
Bike		30 TEMPO-A	35 Z1		60 Z1/Z2		2:05
Run	30 Z1/Z2			35 Z1/Z2		45 Z1/Z2	1:40
							5:25
Week 4							
Swim	2000 TECH-B		1500 ST-B			1500 E-B	1:40
Bike		30 TEMPO-B	30 Z1		30 Z1/Z2		1:30
Run	35 Z1/Z2			20 Z1/Z2		30 Z1/Z2	1:25
							4:35
Week 5							
Swim	2000 TECH-A		2000 ST-B			2000 E-A	2:00
Bike		35 TEMPO-A	35 Z1		60 Z1/Z2		2:10
Run	35 Z1/Z2			35 Z1/Z2		45 Z1/Z2	1:45
							5:55

36 Week Ironman Training Plan

Matt Fitzgerald



36 Week Ironman Training Plan:

Triathlete Magazine's Complete Triathlon Book Matt Fitzgerald,2003-03-01 A veritable triathlon bible this book covers everything that anyone from beginner to expert would want to know about competing in the phenomenally popular swimming bicycling and running races In one handy easily referenced guide Triathlete Magazine s Complete Triathlon Book offers the best advice stories and tips from the top coaches and athletes who have contributed to the magazine over the years Appealing to both novices and the most seasoned athlete the book strikes a balance between technical depth and beginner friendliness by getting right down to the guidelines that all triathletes can use In addition the book offers advice for the various categories of triathletes beginners veterans short course specialists Ironman specialists and others Bearing the name of the most popular source for information on the sport this book is sure to become a classic among triathlon enthusiasts

Goodlife Fitness Maureen Hagan,2008-12-23 This dynamic fitness program developed by international award winning fitness instructor Maureen Hagan will help you get in shape and change your lifestyle so that you ll stay in shape for the rest of your life GoodLife Fitness 6 Weeks to a New Body is an easy to follow exercise and nutritional program designed to deliver safe effective results that will lead to improved health and fitness All it takes is 30 minutes a day 6 times a week and Maureen will be with you every step of the way She ll help you eat right and feel great as you build a new body over the next 6 weeks and beyond This indispensable book features illustrated exercises with clear step by step instructions a 42 day program guide and tracking tools that will motivate you to achieve and maintain your goals an Eat Smart plan to help you make good food choices without relying on a diet strategies to help you stay on track with your new body and lifestyle after you ve successfully completed the 6 week program Maureen Hagan s book is like having a personal trainer a nutritionist and a support system at your side for six weeks Gilda Swartz Senior Editor Health Canadian Living Training Plans for Multisport Athletes Gale Bernhardt,2000 Offers multisport athletes advice on how to understand the science of training and effectively self train providing sample training plans for different levels of multisport events specific workouts for each type of plan ratings for exertion levels and generic training plans that can be used for all ability levels The Woman Triathlete Christina Gandolfo,2005 An Australian training manual for triathletes Biomechanics of swimming cycling and running Fuelling your body Physiological considerations in training The World Of Cross Stitching September 2018 Magazines Global, The World Of Cross Stitching September 2018 Le Loop Ceri Stone,2022-06-06 Le Loop is a guidebook for success and exhilarating adventure as one ordinary man tackles the world s toughest bike race Ceri Stone is an ordinary guy He wanted to do something extraordinary just once in his life This book is the exhilarating story of that adventure He lays out a template for personal success garnered from some rich life experience and he puts his theories to the test by cycling Le Loop Le Loop is an annual charitable event where riders cycle the route of the Tour de France one week before the pros This is an inspiring adventure for athletes of all levels that proves we can achieve our wildest dreams and laugh along the way Much

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