

MON	TUE	WED	THU	FRI	SAT	SUN	WEEK
<b>BIKE</b> <b>Build 1 of 3 Endurance Specificity</b> Bio: Trainer Progressive 175, 300 Duration (H): 1:00:00 <b>Workout Description</b> 20 min easy spin, 10 min TT (20W) 20 min easy 5 min TT (20W) 5 min easy 5 min TT (20W) 5 min easy 4 min interval (100W) easy spin 5 min interval Rest 1 min	<b>SWIM</b> Swim: 2000 (200) Duration (H): 1:00:00 Distance (M): 2000m <b>Workout Description</b> 400 warm-up by 100 400 rest 20' breathing pattern by 100 1000 or 1500 (1500) rest for 120 or 180 rest (20' sprint) 100 500 easy 400 pull w/ 15 rest w/ interval strong 400 swim free, smooth perfect technique 200 easy rest time	<b>RUN</b> Run: Treadmill/Track Duration (H): 0:45:00 <b>Workout Description</b> 15 min easy warm-up 11 min repeats 10, 100 rest @ 10% pace @ 2.5W above the 10, then recover at the 2.5 W	<b>SWIM</b> no Monitor Set <b>Workout Description</b> 1000 warm up 2 rounds of 3 x 200 rest, 200 fast pace 200 pull 400 swim 400 pull 200 hole rest (20' sprint) 100 500 easy 400 pull w/ 15 rest w/ interval strong 400 swim free, smooth perfect technique	<b>STRENGTH</b> Strength: Total Body Duration (H): 0:30:00 <b>Workout Description</b> 10 push-ups, 10 row plants 10 row + 2 pull plants 10 push-ups, 100 rest 10 push-ups, 10 row plants 10 row + 2 pull plants 10 push-ups Monitor: Backs, 3 x 15 pieces in each direction Squats: calf raises, 3 x 15 row and one	<b>BIKE</b> Bio: 40 min steady w/ fast finish Duration (H): 0:30:00 <b>Workout Description</b> Steady riding with your feet 20 @ race effort	<b>RUN</b> Run: Steady Duration: 1:00:00 <b>Post Run Recovery Swim</b> 4000' with five warm-up 4000' Pull warm-up 4000' with five warm-up @ 20W as a ("fast" + "easy") off 30 6 x 100PC (swim) 1 x 400W, 175, 805, 950 + 20 5 x 50PC "endurance" ... focus on technique + 10	7
<b>BIKE</b> Bio: Steady Duration: 1:00:00 Distance: 2000m <b>Workout Description</b> 20 min easy spin, 10 min TT (20W) 20 min easy 5 min TT (20W) 5 min easy 5 min TT (20W) 5 min easy 4 min interval (100W) easy spin 5 min interval Rest 1 min	<b>SWIM</b> Swim: 2000 (200) Duration: 1:00:00 Distance: 2000m <b>Workout Description</b> 400 400 fast (200 easy) 400 single arm drill, 200 pull 400 fast (200 easy), 200 pull 400 rest on your side, 200 pull 50 400 easy	<b>RUN</b> Run: Steady Duration (H): 1:00:00	<b>SWIM</b> Swim: Easy/Interval pull Duration (H): 1:00:00 Distance (M): 2000m <b>Workout Description</b> 20 1000 warm-up (20 rest) 200 rest with five Easy or Interval breathing, smooth strokes, streamline off the wall - 100' Sprint	<b>STRENGTH</b> Strength: Total Body Duration (H): 0:30:00 <b>Workout Description</b> 10 push-ups, 10 row plants 10 push-ups, 100 rest 10 push-ups, 10 row plants 10 row + 2 pull plants 10 push-ups Monitor: Backs, 3 x 15 pieces in each direction Squats: calf raises, 3 x 15 row and one	<b>BIKE</b> Bio: Steady Duration: 1:00:00 <b>T-Run</b> 20' of steady running within 10' of competing one	<b>RUN</b> Run: Easy Duration: 1:00:00 <b>Post Run Recovery Swim</b> 4000' with five warm-up 4000' Pull warm-up 4000' with five warm-up @ 20W as a ("fast" + "easy") off 30 6 x 100PC (swim) 1 x 400W, 175, 805, 950 + 20 5 x 50PC "endurance" ... focus on technique + 10	8
<b>BIKE</b> <b>Build 1 of 3 Endurance Specificity</b> Bio: Trainer Progressive 175, 300 Duration (H): 1:00:00 <b>Workout Description</b> 20 min easy spin, 10 min TT (20W) 20 min easy 5 min TT (20W) 5 min easy 5 min TT (20W) 5 min easy 4 min interval (100W) easy spin 5 min interval Rest 1 min	<b>SWIM</b> no Pull Set 1000 warm up 2 rounds of 3 x 200 rest 15, 200 fast 400 pull 400 rest 1000 or 1500 (1500) rest for 120 or 180 rest (20' sprint) 100 500 easy 400 pull w/ 15 rest w/ interval strong 400 swim free, smooth perfect technique 200 easy rest time	<b>RUN</b> Run: Treadmill/Track Duration (H): 0:45:00 <b>Workout Description</b> 15 min easy warm-up 11 min repeats 10, 100 rest @ 10% pace @ 2.5W above the 10, then recover at the 2.5 W	<b>SWIM</b> no Monitor Set Duration (H): 1:00:00 Distance (M): 2000m <b>Workout Description</b> 1000 2000 or warm pull 200 pull rest 400 rest fast or 15 rest rest Strength 1000 for time 10 4000 easy rest	<b>STRENGTH</b> Strength: Total Body Duration (H): 0:30:00 <b>Workout Description</b> 10 push-ups, 10 row plants 10 row + 2 pull plants 10 push-ups, 100 rest 10 push-ups, 10 row plants 10 row + 2 pull plants 10 push-ups Monitor: Backs, 3 x 15 pieces in each direction Squats: calf raises, 3 x 15 row and one	<b>BIKE</b> Bio: 20 W Duration (H): 0:30:00 <b>Workout Description</b> Steady riding with 20' 10 minutes of strong effort mixed in to the session. Rate steady for 75-20 between each strong effort.	<b>RUN</b> Run: Steady Duration: 1:00:00 <b>Post Run Recovery Swim</b> 4000' with five warm-up 4000' Pull warm-up 4000' with five warm-up @ 20W as a ("fast" + "easy") off 30 6 x 100PC (swim) 1 x 400W, 175, 805, 950 + 20 5 x 50PC "endurance" ... focus on technique + 10	9

# 36 Week Ironman Training Schedule

**Julia Schneider**



### **36 Week Ironman Training Schedule:**

**Triathlon Training For Dummies** Deirdre Pitney, Donna Dourney, 2008-12-10 Shaping up for a triathlon is serious business Triathlon Training For Dummies is packed with insider tips and proven methods for training for a triathlon and pumping yourself into the best possible shape by race day It helps you find the motivation you need to stick to your program eat better to maximize your energy and prevent injuries both before and during the race This authoritative guide helps you evaluate your cardiovascular fitness muscle strength endurance and flexibility and to set manageable realistic training goals You ll learn how to establish a workout schedule choose a target finish time get the right affordable equipment you ll need for each leg of the race and maximize your fitness and form for swimming biking and running You ll also get plenty of help in putting it all together as you focus your training add dual workouts become a quick change artist and save time during transitions Discover how to Choose an event to train for based on your fitness level Get into your best possible shape Select the right equipment and sportswear Train for an Olympic Sprint or Ironman triathlon Fuel your body and prevent injuries Prepare for training sessions Maintain energy and recover quickly Set training schedules for every triathlon event Treat common training and racing injuries Live like an athlete Triathlon Training For Dummies comes complete with resources for finding triathlons near you lists of items to bring along on race day and tips on registration formalities and racing etiquette

**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 *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 **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 *Hal Higdon's How to Train* Hal Higdon,1997 Describes twenty four training programs designed for different sports types of people and goals *Celebrating Active Ageing* Hari Baskaran,2020-02-21 Hari Baskaran s book Celebrating Active Ageing will benefit all people approaching retirement and those well past it It advocates a lifestyle that enables health and vitality way into the seventies and eighties The book is inspirational and encourages readers to draw up their own unique active ageing agenda with a deliberate and purposeful approach to life Celebrating active ageing embraces a holistic approach to life all aspects of which such as physical activity diet and nutrition and spiritual and social engagement are covered in a compelling and appealing way The narrative is light and free flowing with emphasis on real life experiences and developing and maintaining a sense of joy Excellent read with very interesting anecdotes and experiences I enjoyed reading it This book will transform lives Shiny Surendran Sports Nutritionist Chennai *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 like the tour itself there are extreme highs and lows and Ceri faces them with a searingly honest sense of reflection and a trivial sense of humor This story is warm empowering and leaves you itching to get off your sofa but with a template to succeed at the same time Join Ceri in his quest to live a life less ordinary [The Triathlete's Training Bible](#) Joe Friel,2004 Coach Joe Friel touts the benefits of creating a scientific self coached training plan to refine your skills and improve your triathlon performance You will learn how to train smarter not harder and apply proven techniques for increasing endurance without overtraining Friel equips you with the know how to build a personal training plan based on your individual needs and goals for the next racing season In addition to the physical aspect of training Friel addresses the importance of mental preparation and training from attitude to zealously Whether you are an amateur professional or training for your first triathlon event you will find comprehensive information to help you achieve your goals and reach your maximum potential Page 4 cover [Journal of Sports Medicine and Physical Fitness](#) ,1999 [Inside Triathlon](#) ,2007 **Ironman's Ultimate Guide to Building Muscle Mass** Peter Sisco,Ironman Magazine,2000 This how to guide from the pages of Ironman magazine includes the best mass

building routines of the greatest bodybuilders so readers can get the maximum proven results     *International Journal of Sport Nutrition* ,1991     *Cycling Science* ,1989     **ASTM Standardization News** American Society for Testing and Materials,2003     **Business Week** ,2006-05     *American Book Publishing Record* ,2004     *Bacon's Media Calendar Directory* ,1996     **New York Court of Appeals. Records and Briefs.** New York (State).,     **Bicycle USA.** ,1987  
**Runner's World** ,1997

The Top Books of the Year 36 Week Ironman Training Schedule The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous compelling novels enthraling the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the engaging narratives that have charmed audiences this year. The Must-Read : Colleen Hoover "It Ends with Us" This heartfelt tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. 36 Week Ironman Training Schedule : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. 36 Week Ironman Training Schedule : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Pape, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and suspenseful novel that will keep you guessing until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

<https://socketapi.adit.com/data/virtual-library/Documents/L2%20Learners%20Anxiety%20Self%20Confidence%20And%20Oral%20Performance.pdf>

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