

2008 Ironman Advanced Weekly Training Plan

Week 1 of 19

	Exercise	Element	Duration	Workout Specifics
MON	Swim	E(1)	1:00	straight swim :45.
3-Dec				Warm up 3-500 drills; swim 40 minutes nonstop in Zone 1-2 (easy). Cool down with 200m drills. Pull Bouy OK.
TUES	Bike	E(2)	1:15	Easy spin, loosen legs.
4-Dec				
	Run	ME(3)	1:20	Speed workout. Pace should be :30-1:00/mile faster than proposed IM pace. 3 mi CD.
WEDS	Swim	ME(3)	1:10	500 WU w/ drills; 4x300 RI :30, rest 1 minute, 4x200 RI :20; rest, 4x100 RI :10; 200 easy pull CD
5-Dec				pace :10-15/100 faster than goal pace, concentrate on even splits
	Bike	E(2)	1:20	steady zone 2
	Strength			STRENGTH: :20-:30 circuit
THURS	Run	E(2)	1:10	Steady Z1-2. Count footfalls: should be 22-23 for 15 seconds.
6-Dec				
	Bike	ME(3)	1:00	Trainer workout. Focus on technique, spin, efficiency.
	Stretch			
FRI	Swim	ME(3)	1:10	500 WU drills; 10x200 [each 200 is 100 stroke in IM order, 100 free], 300 kick; 200 pull CD.
7-Dec				
	Run	E(1)	1:15	Recovery run.
	Strength			STRENGTH: :20-:30 circuit
SAT	Bike	E(2)	2:30	Steady. Hills--work on constant effort/HR on hills.
8-Dec				
	Run	E(1)	0:20	easy transition run
	Stretch			
SUN	Run	E(2)	2:00	Steady. 2nd half should be same speed as first, HR 3-5 BPM higher.
9-Dec				
	Stretch			
Weekly Total			15:30	