

2008 Ironman Advanced Weekly Training Plan
Week 10 of 19

	Exercise	Element	Duration	Workout Specifics
MON	Swim	E(1)	0:50	straight swim :50.
4-Feb				Warm up and stretch, then swim nonstop in Zone 1-2 (easy).
TUES	Bike	E(2)	1:00	Easy spin, loosen legs.
5-Feb				
	Run	ME(3)	1:15	Speed workout. Pace should be :30-1:00/mile faster than proposed IM pace. Finish with 1.5 mile tempo @ 10k pace. 2 mile CD
WEDS	Swim	ME(3)	1:00	500 WU w/ drills; (200 pull, rest :30; 200 swim broken with :10 rest each 50, rest :30; 4x25 kick) above set x4-5 with 1:00 rest in between; 200 easy CD. Extra credit: stroke sets in IM order.
6-Feb				
	Strength			STRENGTH: :20-:30 circuit
THURS	Run	E(2)	0:45	Steady Z1-2. Count footfalls: should be 22-23 for 15 seconds.
7-Feb				
	Bike	ME(3)	1:15	Trainer workout. Focus on technique, spin, efficiency.
	Stretch			Cut short to 1:00 if doing the marathon.
FRI	Swim	ME(2)	1:00	500 WU drills; 5x500 RI 1:00. Aim for even or slightly descending splits 200 east CD
8-Feb				
	Strength			STRENGTH: :20-:30 circuit
SAT	Bike	E(2)	2:30	Steady ride, Z2. Easy hills
9-Feb				
	Stretch			
SUN	Run	E(3)	1:45	Easy run, Z2.
10-Feb				Heart Rate steady all run. Let HR rise no more than 10 beats beginning to end.
	Stretch			
Weekly Total			11:20	