

2008 Ironman Advanced Weekly Training Plan
Week 11 of 19

	Exercise	Element	Duration	Workout Specifics
MON	Swim	E(1)	1:00	straight swim :55.
11-Feb				Warm up and stretch, then swim nonstop in Zone 1-2 (easy).
TUES	Bike	E(2)	1:10	Easy spin, loosen legs.
12-Feb				
	Run	ME(3)	1:30	Speed workout. Pace should be :30-1:00/mile faster than proposed IM pace. Finish with 4 mile run @ marathon pace.
WEDS	Swim	ME(3)	1:10	500 WU w/ drills; 3x(400 moderate, rest :30; 200 race pace rest :30; 4x50 sprint RI :20). If time allows--500 pull; 4x50 kick, 200 pull CD.
13-Feb				steady zone 2
	Bike	E(2)	1:30	
	Strength			STRENGTH: :20-:30 circuit
THURS	Run	E(2)	1:00	Hills if able. Include 4-5x 90 sec accels to increase HR by 15bpm.
14-Feb				
	Bike	ME(3)	1:20	Trainer workout. Focus on technique, spin, efficiency.
	Stretch			Single Leg drills today: 3x(2 min Left leg, 1 min both, 2 min Rt leg, 1 min both) Keep cadence up.
FRI	Swim	ME(2)	1:00	500 WU drills; 400, rest :30, 4x100 RI :15; 300, 3x100, 200, 2x100, 100; 100 kick, 6x50 fast RI :30. 200 pull CD. Extra Credit: 400, 300, etc IM.
15-Feb				Recovery Run, easy Z1..
	Run	E(1)	1:15	
	Strength			STRENGTH: :20-:30 circuit
SAT	Bike	E(2)	5:00	Steady ride, Z2. Flat to moderate hills.
16-Feb				
	Run	E(1)	0:20	Easy transition run, Z1.
	Stretch			
SUN	Run	E(3)	2:45	Easy run, Z2. Flat, trails if able.
17-Feb				Heart Rate steady all run. Let HR rise no more than 10 beats beginning to end.
	Stretch			

Weekly Total	19:00
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