

2008 Ironman Advanced Weekly Training Plan
Week 12 of 19

	Exercise	Element	Duration	Workout Specifics
MON	Swim	E(1)	1:05	straight swim :60.
18-Feb				Warm up and stretch, then swim nonstop in Zone 1-2 (easy).
TUES	Bike	E(2)	1:15	Easy spin, loosen legs.
19-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)	1:00	100, 200, 300, 400, 500, 400, 300, 200, 100 rest :15/100 each. 200 pull CD.
20-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, then recover.
21-Feb				
	Bike	ME(3)	1:20	Trainer workout. Focus on technique, spin, efficiency.
	Stretch			Single Leg drills again: 3x(2 min Left leg, 1 min both, 2 min Rt leg, 1 min both) Keep cadence up.
FRI	Swim	ME(2)	1:10	500 WU w/ drills; 5x(200 swim, rest :30, 4x50 stroke RI :20) RI 1:00. Stroke in IM order. 400 pull. 6x50 kick, 200 pull CD.
22-Feb				Recovery Run, easy Z1..
	Run	E(1)	1:25	
	Strength			STRENGTH: :20-:30 circuit
SAT	Bike	E(2)	5:30	Steady ride, Z2. Flat.
23-Feb				
	Run	E(2)	0:20	Easy transition run Z1.
	Stretch			
SUN	Bike	E(2)	0:40	Easy ride. HR no more than IM race pace. Just to get saddle sore for your run.
24-Feb				
	Run	E(2)	2:45	Easy run. Flat terrain, some ride OK. Heart Rate steady all run. Let HR rise no more than 10 beats beginning to end.
	Stretch			

Weekly Total	20:30
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