

**2008 Ironman Advanced Weekly Training Plan**  
**Week 13 of 19**

	<b>Exercise</b>	<b>Element</b>	<b>Duration</b>	<b>Workout Specifics</b>
<b>MON</b>	<b>Swim</b>	E(1)	0:55	straight swim :50.
25-Feb				Warm up and stretch, then swim nonstop in Zone 1-2 (easy).
<b>TUES</b>	<b>Bike</b>	E(2)	1:00	Easy spin, loosen legs.
26-Feb				
	<b>Run</b>	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
<b>WEDS</b>	<b>Swim</b>	ME(3)	1:00	500 WU w/ drills; (300 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.
27-Feb				
	<b>Strength</b>			STRENGTH: :20-:30 circuit
<b>THURS</b>	<b>Run</b>	E(2)	1:00	Steady Z1-2. Count footfalls: should be 22-23 for 15 seconds.
28-Feb				
	<b>Bike</b>	ME(3)	1:15	Trainer workout. Focus on technique, spin, efficiency.
	<b>Stretch</b>			Cut short to 1:00 if doing the marathon.
<b>FRI</b>	<b>Swim</b>	ME(2)	1:05	500 WU drills; 5x500 RI 1:00. Aim for even or slightly descending splits 200 east CD
1-Mar				
	<b>Strength</b>			STRENGTH: :20-:30 circuit
<b>SAT</b>	<b>Bike</b>	E(2)	2:00	Steady ride, Z2. Easy hills. Spin.
2-Mar				
	<b>Run</b>	E(2)	0:30	Easy Transition run.
	<b>Stretch</b>			
<b>SUN</b>	<b>Race</b>		2:00	Easy run. Flat terrain, some ride OK. Heart Rate steady all run. Let HR rise no more than 10 beats beginning to end.
3-Mar				
	<b>Stretch</b>			
<b>Weekly Total</b>			<b>12:00</b>	