

2008 Ironman Advanced Weekly Training Plan
Week 14 of 19

| | Exercise | Element | Duration | Workout Specifics |
|---------------------|-----------------|----------------|-----------------|---|
| MON | Swim | E(1) | 1:05 | straight swim :60. |
| 4-Mar | | | | Warm up and stretch, then swim nonstop in Zone 1-2 (easy). |
| TUES | Bike | E(2) | 1:10 | Easy spin, loosen legs. |
| 5-Mar | | | | |
| | 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. |
| 6-Mar | | | | |
| | Bike | E(2) | 1:40 | steady zone 2. IM pace. |
| | Strength | | | STRENGTH: :20-:30 circuit |
| THURS | Run | E(2) | 1:10 | Hills if able. Include 4-5x 90 sec accels to increase HR by 15bpm. |
| 7-Mar | | | | |
| | Bike | ME(3) | 1:30 | Trainer workout. Focus on technique, spin, efficiency. |
| | Stretch | | | |
| FRI | Swim | ME(2) | 1:10 | 500 WU w/ drills; 20x100, descending in sets of 5, RI :20. Extra Credit: 10x50 RI :15. 400 pull. 6x50 kick, 200 pull CD. (Mental strength workout) |
| 8-Mar | | | | |
| | Run | E(1) | 1:30 | Recovery Run, easy Z1.. |
| | Strength | | | STRENGTH: :20-:30 circuit |
| SAT | Bike | E(3) | 3:00 | Moderately hard ride. Think about IM pace. Hydrate and eat like IM. |
| 9-Mar | | | | |
| | Run | E(2) | 1:30 | Easy run. Start slow and ease into the pace. Get to normal long run pace after 2 miles. Eat. |
| | Stretch | | | |
| SUN | Bike | E(2) | 1:30 | Easy spin, sub IM race pace. Drink and Eat. |
| 10-Mar | | | | |
| | Run | E(3) | 2:15 | Moderate to Easy run. Flat terrain, some rise OK. Heart Rate steady all run, IM pace. HR will rise more due to bike but stay in Z2 or low Z3. |
| | Stretch | | | |
| Weekly Total | | | 20:00 | |