

2008 Ironman Advanced Weekly Training Plan
Week 15 of 19

| | Exercise | Element | Duration | Workout Specifics |
|---------------------|-----------------|----------------|-----------------|--|
| MON | Swim | E(1) | 1:10 | Straight swim |
| 11-Mar | | | | Swim this like you would the race. Start out easy, get into pace after about 500m. Yes, I said start out easy. It's going to be a long day. Don't burn out. Option: Rest today, swim Sat or Sun. |
| TUES | Bike | E(2) | 1:20 | Easy spin, loosen legs. IM pace. |
| 12-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) | 1:15 | 500 WU drills. 5x500 RI 1:00 IM pace. 200 drill CD. |
| 13-Mar | | | | |
| | Bike | E(2) | 1:40 | steady zone 2. IM pace. |
| | Strength | | | STRENGTH: :20-:30 circuit. Core. |
| THURS | Run | E(2) | 1:10 | IM pace. |
| 14-Mar | | | | |
| | Bike | ME(3) | 1:30 | Trainer workout. Focus on technique, spin, efficiency. |
| | Stretch | | | Brick this if able, but cut each by 20%. |
| FRI | Swim | ME(2) | 1:10 | 500 WU w/ drills; 10x200, RI :30; 6x50 kick; 200 pull CD. |
| 15-Mar | | | | |
| | Run | E(1) | 1:30 | Recovery Run, easy Z1. |
| | Strength | | | STRENGTH: :20-:30 circuit. Core. |
| SAT | Bike | E(3) | 6:00 | This should be under IM pace. Eat and drink like you're racing. Don't allow any weight loss over the ride. |
| 16-Mar | | | | |
| | Stretch | | | |
| SUN | Run | E(2) | 2:45 | Easy run, sub-IM pace. No weight loss, that's what Slimfast is for. Run 8 minutes, walk 2 minutes if needed. |
| 17-Mar | | | | |
| | Stretch | | | |
| Weekly Total | | | 21:00 | |