

2008 Ironman Advanced Weekly Training Plan
Week 16 of 19

	Exercise	Element	Duration	Workout Specifics
MON	Swim	E(1)	1:10	Straight swim
18-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)	1:15	Easy spin, loosen legs. Slower than IM pace.
19-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. 3x(500 IM pace, RI :30, 250 faster) RI 1:00. 200 pull CD.
20-Mar				
	Bike	E(2)	1:30	steady zone 2. IM pace.
	Strength			STRENGTH: :20-:30 circuit. Core.
THURS	Bike	ME(3)	1:30	Trainer workout. Focus on technique, spin, efficiency.
21-Mar				
	Run	ME(2)	1:10	Nice and easy, IM pace.
	Stretch			Brick this if able, but cut each by 20%.
FRI	Swim	ME(2)	1:10	500 WU w/ drills; 1500 steady race pace TT; 4x250 pull same pace RI :30; 5x100 Z4 RI :15. easy 200 CD.
22-Mar				
	Run	E(1)	1:00	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.
23-Mar				No weight loss over the ride.
	Run	E(1)	0:45	Easy brick run.
	Stretch			
SUN	Run	E(2)	3:00	Easy run, sub-IM pace.
24-Mar				Run 8 minutes, walk 2 minutes if needed.
	Stretch			
Weekly Total			21:15	