

2008 Ironman Advanced Weekly Training Plan
Week 17 of 19

	Exercise	Element	Duration	Workout Specifics
MON				
25-Mar				Rest
TUES	Bike	E(2)	1:15	Easy spin, loosen legs. IM pace.
26-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)	1:20	500 WU drills. 5x500 RI 1:00 IM pace. Steady pace. 200 drill CD.
27-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.
28-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; 10x200, RI :30; 6x50 kick; 200 pull CD.
29-Mar	Run	E(1)	1:20	Recovery Run, easy Z1.
	Strength			STRENGTH: :20-:30 circuit. Core.
SAT	Swim	E(3)	1:15	DCB open water swim at TTL. DCBadventures.com
30-Mar	Bike	E(3)	1:30	Slightly faster than IM pace. Best if done right after swim.
	Stretch			
SUN	Bike	E(2)	3:00	Steady IM pace ride. Eat and drink.
31-Mar	Run	E(2)	1:30	Steady IM pace brick run.
	Stretch			
Weekly Total			18:00	