

**2008 Ironman Advanced Weekly Training Plan**  
**Week 18 of 19**

|              | <b>Exercise</b>     | <b>Element</b> | <b>Duration</b> | <b>Workout Specifics</b>   |
|--------------|---------------------|----------------|-----------------|--|
| <b>MON</b>   | <b>Swim</b>         | E(1)           | 1:15            | 500 drill WU; 2x1500.  |
| 1-Apr        |                     |                |                 | Swim this like you would the race. Start out easy, get into pace after about 500m. |
|              |                     |                |                 |  |
| <b>TUES</b>  | <b>Run</b>          | E(2)           | 1:00            | Easy tempo run at slightly faster than IM pace.                                    |
| 2-Apr        |                     |                |                 |  |
|              | <b>Bike</b>         | E(1)           | 1:15            | Easy ride, no brick. IM pace.  |
|              |                     |                |                 |  |
| <b>WEDS</b>  | <b>Bike</b>         | E(2)           | 1:15            | Steady ride, IM pace, nice and easy.<br>200 drill CD.                              |
| 3-Apr        |                     |                |                 |  |
|              | <b>Strength</b>     |                |                 | Easy Core workout  |
|              |                     |                |                 |  |
| <b>THURS</b> | <b>Run</b>          | E(2)           | 0:45            | IM pace.   |
| 4-Apr        |                     |                |                 |  |
|              | <b>Swim</b>         | ME(3)          | 0:45            | 500 drill WU, 3x500 steady even splits.  |
|              | <b>Stretch</b>      |                |                 |  |
|              |                     |                |                 |  |
| <b>FRI</b>   |                     |                |                 |  |
| 5-Apr        |                     |                |                 | Rest   |
|              |                     |                |                 |  |
| <b>SAT</b>   | <b>Bike</b>         | E(3)           | 2:00            | This should be under IM pace. Eat and drink like you're racing.                    |
| 6-Apr        | <b>Run</b>          | E(2)           | 1:00            | Don't allow any weight loss over the ride.   |
|              |                     |                |                 |  |
|              | <b>Stretch</b>      |                |                 |  |
|              |                     |                |                 |  |
| <b>SUN</b>   | <b>Run</b>          | E(2)           | 1:00            | Easy run, sub-IM pace. No weight loss, that's what Slimfast is for.                |
| 7-Apr        |                     |                |                 | Run 8 minutes, walk 2 minutes if needed.   |
|              |                     |                |                 |  |
|              | <b>Stretch</b>      |                |                 |  |
|              |                     |                |                 |  |
|              | <b>Weekly Total</b> |                | <b>10:15</b>    |  |