2008 Ironman Advanced Weekly Training Plan

Week 19 of 19

	Exercise	Element	Duration	Workout Specifics
MON				
8-Apr				Rest
TUES	**Swim**	E(3)	0:45	IM pace run. 2-3 short accels.
9-Apr				
WEDS	**Bike**	Form	1:00	Easy bike, zone 1, some accels to IM pace.
10-Apr				
THURS	**Run**	Form	0:30	Easy, very easy. Loosen up.
11-Apr				
FRI	**Swim**	Form	0:30	Get loosened up in the water. Do 5x100 slightly faster than race pace simulating start.
12-Apr				
				Rest, stretch, drink water.
	Stretch			
SAT	**Bike**	Form	0:45	Get loosened up in the water. Do 5x100 slightly faster than race pace simulating start.
13-Apr	**Run**	Form	0:15	
				Rest, stretch, drink water.
SUN	**IM**	race	11-13hrs	Don't go too hard.
14-Apr				You've been training at this pace for three weeks or more.
				Go that pace.
	Stretch			

Weekly Total	**3:45**