

**2008 Ironman Advanced Weekly Training Plan**  
**Week 2 of 19**

	<b>Exercise</b>	<b>Element</b>	<b>Duration</b>	<b>Workout Specifics</b>
<b>MON</b>	<b>Swim</b>	E(1)	1:10	straight swim :50.
10-Dec				Warm up 3-500 drills; swim 40 minutes nonstop in Zone 1-2 (easy). Cool down with 200m drills. Pull Bouy OK.
<b>TUES</b>	<b>Bike</b>	E(2)	1:15	Easy spin, loosen legs.
11-Dec				
	<b>Run</b>	ME(3)	1:20	Speed workout. Pace should be :30-1:00/mile faster than proposed IM pace. 3 mi CD.
<b>WEDS</b>	<b>Swim</b>	ME(3)	1:10	500 WU w/ drills; 400 straight, 2x200 RI :20 (same time as 1st 400), 4x100 RI :10 (ditto)
12-Dec				8x50 build; 4x100 kick; 200 easy CD
	<b>Bike</b>	E(2)	1:30	steady zone 2
	<b>Strength</b>			STRENGTH: :20-:30 circuit
<b>THURS</b>	<b>Run</b>	E(2)	1:10	Steady Z1-2. Count footfalls: should be 22-23 for 15 seconds.
13-Dec				
	<b>Bike</b>	ME(3)	1:00	Trainer workout. Focus on technique, spin, efficiency.
	<b>Stretch</b>			
<b>FRI</b>	<b>Swim</b>	ME(3)	1:10	500 WU drills; 4x250 descending RI :30, rest 1 minute, 4x250 descending RI :30
14-Dec				300 kick, 200 east CD
	<b>Run</b>	E(1)	1:15	Recovery run.
	<b>Strength</b>			STRENGTH: :20-:30 circuit
<b>SAT</b>	<b>Bike</b>	E(2)	3:30	Steady. Hills--work on constant effort/HR on hills.
15-Dec				
	<b>Run</b>	E(1)	0:15	easy transition run
	<b>Stretch</b>			
<b>SUN</b>	<b>Run</b>	E(2)	1:45	Steady. 2nd half should be same speed as first, HR 3-5 BPM higher.
16-Dec				
	<b>Stretch</b>			
<b>Weekly Total</b>			<b>16:30</b>	