

**2008 Ironman Advanced Weekly Training Plan**  
**Week 3 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 :45.
17-Dec				Warm up 300-500 drills; swim 45 minutes nonstop in Zone 1-2 (easy). Cool down with 200m drills. Pull Bouy OK.
<b>TUES</b>	<b>Bike</b>	E(2)	0:45	Easy spin, loosen legs.
18-Dec				
	<b>Run</b>	ME(3)	1:00	Speed workout. Pace should be :30-1:00/mile faster than proposed IM pace. 2 mi CD.
<b>WEDS</b>	<b>Swim</b>	ME(3)	1:10	500 WU w/ drills; 3x(400 Z3 :20RI, 4x100 Z3 :10RI); 300 pull CD
19-Dec				
	<b>Strength</b>			STRENGTH: :20-:30 circuit
<b>THURS</b>	<b>Run</b>	E(2)	1:00	Steady Z1-2. Count footfalls: should be 22-23 for 15 seconds.
20-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; 500, 400, 300, 200, 100 RI :10 per 100yd-steady pace; 500 pull 300 kick, 200 east CD
21-Dec				
	<b>Strength</b>			STRENGTH: :20-:30 circuit
<b>SAT</b>	<b>Bike</b>	E(3)	2:30	Steady ride, Z2. Easy hills
22-Dec				
	<b>Stretch</b>			
<b>SUN</b>	<b>Run</b>	E(2)	2:15	Steady. 2nd half should be same speed as first, HR 3-5 BPM higher.
23-Dec				
	<b>Stretch</b>			
<b>Weekly Total</b>			<b>12:00</b>	