

**2008 Ironman Advanced Weekly Training Plan**  
**Week 4 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.
24-Dec				Warm up 3-500 drills; swim 50 minutes nonstop in Zone 1-2 (easy). Cool down with 200m drills. Pull Bouy OK.
<b>TUES</b>	<b>Bike</b>	E(2)	1:30	Easy spin, loosen legs.
25-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; 2x(500 pull, 500 swim) 1:00RI
26-Dec				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.
27-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
28-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)	2:30	Steady ride, Z2. Easy hills
29-Dec				
	<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.
30-Dec				
	<b>Stretch</b>			
<b>Weekly Total</b>			<b>15:30</b>	