

2008 Ironman Advanced Weekly Training Plan
Week 5 of 19

	Exercise	Element	Duration	Workout Specifics
MON	Swim	E(1)	1:15	straight swim :55.
31-Dec				Warm up 3-500 drills; swim 55 minutes nonstop in Zone 1-2 (easy). Cool down with 200m drills. Pull Bouy OK.
TUES	Bike	E(2)	1:30	Easy spin, loosen legs.
1-Jan				
	Run	ME(3)	1:30	Speed workout. Pace should be :30-1:00/mile faster than proposed IM pace. Finish with 1.5 mile tempo @ 10k pace. 2 mile CD
WEDS	Swim	ME(3)	1:15	500 WU w/ drills; (500, :30 rest, 5x100 :15RI, 1:00 rest); repeat for 4, 3, 2. 100 easy CD
2-Jan				
	Bike	E(2)	1:30	steady zone 2
	Strength			STRENGTH: :20-:30 circuit
THURS	Run	E(2)	1:15	Steady Z1-2. Count footfalls: should be 22-23 for 15 seconds.
3-Jan				
	Bike	ME(3)	1:15	Trainer workout. Focus on technique, spin, efficiency.
	Stretch			
FRI	Swim	ME(3)	1:15	500 WU drills; 3x300 descending RI :30, rest 1 minute, 3x200 descending RI :30 3x100 descending RI :30; 300 kick, 200 east CD
4-Jan				
	Run	E(1)	1:15	Recovery run.
	Strength			STRENGTH: :20-:30 circuit
SAT	Bike	E(2)	3:30	Steady ride, Z2. Easy hills
5-Jan			0:15	Easy transition run.
	Stretch			
SUN	Run	E(2)	1:45	Steady. 2nd half should be same speed as first, HR 3-5 BPM higher. Hydrate. OK to walk as required, but steady is the key.
6-Jan				
	Stretch			
Weekly Total			17:30	