

2008 Ironman Advanced Weekly Training Plan
Week 7 of 19

	Exercise	Element	Duration	Workout Specifics
MON	Swim	E(1)	1:00	straight swim :55.
14-Jan				Warm up and stretch, then swim nonstop in Zone 1-2 (easy).
TUES	Bike	E(2)	1:10	Easy spin, loosen legs.
15-Jan				
	Run	ME(3)	1:20	Speed workout. Pace should be :30-1:00/mile faster than proposed IM pace. Finish with 4 mile run @ marathon pace.
WEDS	Swim	ME(3)	1:00	500 WU w/ drills; 4x500 Z2 RI 1:00 descending splits, 5x100 RI :15 descending. 6x50 kick, 200 pull CD.
16-Jan				steady zone 2
	Bike	E(2)	1:30	
	Strength			STRENGTH: :20-:30 circuit
THURS	Run	E(2)	0:45	Hills if able. Include 4-5x 90 sec accels to increase HR by 15bpm.
17-Jan				
	Bike	ME(3)	1:15	Trainer workout. Focus on technique, spin, efficiency.
	Stretch			Cut short to 1:00 if doing the marathon.
FRI	Swim	ME(2)	1:10	500 WU drills; 20x100 Z3. 4 sets of 5 RI :20, descending splits RI:1:00 between sets. 200 pull CD. Extra Credit: Each set free/stroke/free/stroke/free in IM order.
18-Jan				Recovery Run, easy Z1..
	Run	E(1)	1:20	
	Strength			STRENGTH: :20-:30 circuit
SAT	Bike	E(2)	4:00	Steady ride, Z2. Easy hills
19-Jan				
	Stretch			
SUN	Run	E(3)	2:00	Easy run, Z2. Moderate Hills.
20-Jan				Heart Rate steady all run. Let HR rise no more than 10 beats beginning to end.
	Stretch			
Weekly Total			16:30	