

2008 Ironman Advanced Weekly Training Plan
Week 9 of 19

	Exercise	Element	Duration	Workout Specifics
MON	Swim	E(1)	1:00	straight swim :55.
28-Jan				Warm up and stretch, then swim nonstop in Zone 1-2 (easy).
TUES	Bike	E(2)	1:15	Easy spin, loosen legs.
29-Jan				
	Run	ME(3)	1:30	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	100, 200, 300, 400, 500, 400, 300, 200, 100 rest :15/100 each. 200 pull CD.
30-Jan				steady zone 2
	Bike	E(2)	1:30	
	Strength			STRENGTH: :20-:30 circuit
THURS	Run	E(2)	1:00	Hills if able. Include 4-5x 90 sec accels to increase HR by 15bpm.
31-Jan				
	Bike	ME(3)	1:20	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 w/ drills; 4x(200 swim, rest :30, 4x50 stroke RI :20) RI 1:00. Stroke in IM order. 400 pull. 6x50 kick, 200 pull CD.
1-Feb				Recovery Run, easy Z1..
	Run	E(1)	1:30	
	Strength			STRENGTH: :20-:30 circuit
SAT	Bike	E(2)	4:30	Steady ride, Z2. Flat.
2-Feb				
	Stretch			
SUN	Bike	E(2)	1:00	Easy run, Z2. Spin.
3-Feb				Easy run. Flat terrain, some rise OK. Heart Rate steady all run. Let HR rise no more than 10 beats beginning to end.
	Run	E(3)	2:00	
	Stretch			

Weekly Total	18:45
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