

2008 Ironman Beginner Weekly Training Plan
Week 1 of 19

	Exercise	Element	Duration	Workout Specifics
MON	Swim	E(1)	0:50	straight swim :40.
3-Dec				Warm up 3-500 drills; swim 40 minutes nonstop in Zone 1-2 (easy). Cool down with 200m drills. Pull Bouy OK.
TUES	Run	ME(3)	1:10	Speed workout. Pace should be :30-1:00 faster than proposed IM pace.
4-Dec				
	Strength			STRENGTH: :20-:30 circuit
WEDS	Swim	ME(3)	1:00	500 WU w/ drills; 4x300 RI :30, rest 1 minute, 4x200 RI :20; 200 easy pull CD
5-Dec				pace :10-15/100 faster than goal pace, concentrate on steady pace
	Bike	E(2)	1:15	steady zone 2
THURS	Run	E(2)	1:00	Steady Z2. Count footfalls: should be 22-23 for 15 seconds.
6-Dec				
	Bike	E(3)	1:00	Trainer workout. Focus on technique, spin, efficiency.
	Stretch			
FRI	Swim	ME(3)	0:45	500 WU drills; 6x250 RI :30, 300 kick; 200 pull CD.
7-Dec				
	Strength			STRENGTH: :20-:30 circuit
SAT	Bike	E(2)	1:45	Steady. Hills--work on constant effort/HR on hills.
8-Dec				
	Run	E(1)	: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.
9-Dec				
	Stretch			
Weekly Total			10:30	