

2008 Ironman Beginner Weekly Training Plan
Week 10 of 19

	Exercise	Element	Duration	Workout Specifics
MON	Rest			Rest
4-Feb				
TUES	Run	ME(3)	0:45	Speed workout. Pace should be :30-1:00/mile faster than proposed IM pace. concentrate on even pacing and good form.
5-Feb				
WEDS	Swim	ME(3)	0:50	500 WU w/ drills; (200 pull, rest :30; 200 swim broken with :10 rest each 50, rest :30; 4x25 kick)
6-Feb				above set x4 with 1:00 rest in between; 200 easy CD
	Bike	E(2)	1:00	steady zone 2
THURS	Run	E(2)	1:00	Steady Z1-2. Count footfalls: should be 22-23 for 15 seconds.
7-Feb				
	Bike	ME(3)	1:00	Trainer workout. Focus on technique, spin, efficiency.
	Stretch			
FRI	Swim	ME(3)	0:55	500 WU drills; 3-4x500 RI 1:00. Aim for even or slightly descending splits.
8-Feb				200 easy CD
SAT	Bike	E(2)	2:00	Steady ride, Z2. Easy hills
9-Feb			0:45	Easy transition run.
	Stretch			
SUN	Run	E(2)	1:45	Easy run, Z2.
10-Feb				Heart Rate steady all run. Let HR rise no more than 10 beats beginning to end.
	Stretch			
Weekly Total			10:00	