

**2008 Ironman Beginner Weekly Training Plan**  
**Week 11 of 19**

	<b>Exercise</b>	<b>Element</b>	<b>Duration</b>	<b>Workout Specifics</b>
<b>MON</b>	<b>Swim</b>	E(1)	0:55	straight swim :55.
11-Feb				Warm up and stretch, then swim nonstop in Zone 1-2 (easy).
				Alternate: Rest here, swim Tuesday
<b>TUES</b>	<b>Run</b>	ME(3)	1:00	Speed workout. Pace should be :30-1:00/mile faster than proposed IM pace.
12-Feb				concentrate on even pacing and good form.
	<b>Strength</b>			STRENGTH: :20-:30 circuit
<b>WEDS</b>	<b>Swim</b>	ME(3)	0:55	500 WU w/ drills; 3x(300 moderate, rest :30; 150 race pace rest :30; 3x50 sprint RI :20).
13-Feb				If time allows--500 pull; 4x50 kick, 100 pull CD.
	<b>Bike</b>	E(2)	1:00	steady zone 2
<b>THURS</b>	<b>Run</b>	E(2)	0:50	Hills if able. Include 4-5x 90 sec accels to increase HR by 15bpm.
14-Feb				
	<b>Bike</b>	ME(3)	1:10	Trainer workout. Focus on technique, spin, efficiency.
	<b>Stretch</b>			
<b>FRI</b>	<b>Swim</b>	ME(3)	0:55	500 WU drills; 400, rest :30, 4x100 RI :15; 300, 3x100, 200, 2x100, 100;
15-Feb				100 kick, 200 pull CD.
	<b>Strength</b>			STRENGTH: :20-:30 circuit
<b>SAT</b>	<b>Bike</b>	E(2)	4:30	Steady ride, Z2. Easy hills
16-Feb	<b>Run</b>	E(1)	0:15	Easy transition run.
	<b>Stretch</b>			
<b>SUN</b>	<b>Run</b>	E(2)	1:45	Easy run, Z2.
17-Feb				Heart Rate steady all run. Let HR rise no more than 10 beats beginning to end.
	<b>Stretch</b>			
<b>Weekly Total</b>			<b>13:15</b>	