

**2008 Ironman Beginner Weekly Training Plan**  
**Week 13 of 19**

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