

2008 Ironman Beginner Weekly Training Plan
Week 14 of 19

	Exercise	Element	Duration	Workout Specifics
MON	Swim	E(1)	1:05	straight swim :65.
4-Mar				Ensure warmed up and stretched, then swim nonstop in Zone 1-2 (easy).
				Alternate: Rest here, swim Tuesday
TUES	Run	ME(3)	1:15	Speed workout. Pace should be :30-1:00/mile faster than proposed IM pace. concentrate on even pacing and good form.
5-Mar				
	Strength			STRENGTH: :20-:30 circuit
WEDS	Swim	ME(3)	0:55	500 WU drills. 4x500 steady. 100 pull CD.
6-Mar				
	Bike	E(2)	1:00	steady zone 2
THURS	Run	E(2)	1:00	Hills if able. Include 4-5x 90 sec accels to increase HR by 15bpm.
7-Mar				
	Bike	ME(3)	1:15	Trainer workout. Focus on technique, spin, efficiency.
	Stretch			
FRI	Swim	ME(3)	1:00	500 WU w/ drills; 15x100, descending in sets of 5, RI :20. Extra Credit: 6x50 RI :15. 400 pull. 4x50 kick, 200 pull CD. (Mental strength workout)
8-Mar				
	Strength			STRENGTH: :20-:30 circuit
SAT	Bike	E(2)	2:45	Easy ride. Think about IM pace. Hydrate and eat like IM.
9-Mar				
	Run	E(2)	1:00	Easy run. Start slow and ease into the pace. Get to normal long run pace after 2 miles. Eat.
	Stretch			
SUN	Run	E(2)	2:00	Moderate to Easy run. Flat terrain, some rise OK. Heart Rate steady all run, IM pace.
10-Mar				
	Stretch			
Weekly Total			13:15	