

**2008 Ironman Beginner Weekly Training Plan**  
**Week 15 of 19**

	<b>Exercise</b>	<b>Element</b>	<b>Duration</b>	<b>Workout Specifics</b>
<b>MON</b>				
11-Mar				Rest
<b>TUES</b>	<b>Run</b>	ME(3)	1:10	Speed workout. Pace should be :30-1:00/mile faster than proposed IM pace. concentrate on even pacing and good form.
12-Mar	<b>Swim</b>	E(1)	1:10	Straight Swim. Swim like IM. Start slow and ease into pace.
	<b>Strength</b>			STRENGTH: :20-:30 circuit
<b>WEDS</b>	<b>Swim</b>	ME(3)	0:55	500 WU drills. 4x500 steady. 100 pull CD.
13-Mar	<b>Bike</b>	E(2)	1:15	steady zone 2
<b>THURS</b>	<b>Run</b>	E(2)	1:10	IM pace.
14-Mar	<b>Bike</b>	ME(3)	1:20	Trainer workout. Focus on technique, spin, efficiency.
	<b>Stretch</b>			Brick this if able, but cut each by 20%.
<b>FRI</b>	<b>Swim</b>	ME(3)	1:00	500 WU w/ drills; 8x200, RI :30; 4x50 kick; 200 pull CD.
15-Mar				
	<b>Strength</b>			STRENGTH: :20-:30 circuit
<b>SAT</b>	<b>Bike</b>	E(3)	5:00	This should be under IM pace. Eat and drink like you're racing.
16-Mar				Don't allow any weight loss over the ride.
	<b>Stretch</b>			
<b>SUN</b>	<b>Run</b>	E(2)	2:45	Easy run, sub-IM pace. No weight loss, that's what Slimfast is for.
17-Mar				
	<b>Stretch</b>			
<b>Weekly Total</b>			<b>15:45</b>	