

2008 Ironman Beginner Weekly Training Plan
Week 17 of 19

	Exercise	Element	Duration	Workout Specifics
MON				
25-Mar				Rest
TUES	Run	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.
26-Mar	Swim	E(1)	1:10	Straight Swim. Swim like IM. Start slow and ease into pace.
	Strength			STRENGTH: :20-:30 circuit
WEDS	Swim	ME(3)	0:55	500 WU drills. 4x500 RI 1:00 IM pace. Steady pace.
27-Mar				200 drill CD.
	Bike	E(2)	1:15	steady zone 2
THURS	Run	E(2)	0:45	IM pace.
28-Mar	Bike	ME(3)	0:45	Trainer workout. Focus on technique, spin, efficiency.
	Stretch			Brick this if able.
FRI	Swim	ME(3)	1:00	500 WU w/ drills; 8x200, RI :30; 4x50 kick; 200 pull CD.
29-Mar				
	Strength			STRENGTH: :20-:30 circuit
SAT	Swim	E(3)	1:15	DCB open water swim at TTL. DCBadventures.com
30-Mar				
	Bike	E(3)	1:30	Slightly faster than IM pace. Best if done right after swim.
	Stretch			
SUN	Bike	E(2)	2:45	Steady IM pace ride. Eat and drink.
31-Mar				
	Run	E(2)	1:30	Steady IM pace brick run.
	Stretch			
Weekly Total			14:00	