

**2008 Ironman Beginner Weekly Training Plan**  
**Week 18 of 19**

	<b>Exercise</b>	<b>Element</b>	<b>Duration</b>	<b>Workout Specifics</b>
<b>MON</b>				
1-Apr				Rest
<b>TUES</b>	<b>Swim</b>	E(1)	1:15	500 drill WU; 2x1500.
2-Apr				Swim this like you would the race. Start out easy, get into pace after about 500m.
	<b>Run</b>	E(1)	1:00	Easy run. IM pace.
<b>WEDS</b>	<b>Bike</b>	E(2)	1:15	Steady ride, IM pace, nice and easy.
3-Apr				200 drill CD.
	<b>Strength</b>			Easy Core workout
<b>THURS</b>	<b>Run</b>	E(2)	0:45	IM pace.
4-Apr				
	<b>Swim</b>	ME(3)	0:45	500 drill WU, 3x500 steady even splits.
	<b>Stretch</b>			
<b>FRI</b>				
5-Apr				Rest
<b>SAT</b>	<b>Bike</b>	E(3)	2:00	This should be under IM pace. Eat and drink like you're racing.
6-Apr	<b>Run</b>	E(2)	1:00	Don't allow any weight loss over the ride.
	<b>Stretch</b>			
<b>SUN</b>	<b>Run</b>	E(2)	1:00	Easy run, sub-IM pace. No weight loss, that's what Slimfast is for.
7-Apr				Run 8 minutes, walk 2 minutes if needed.
	<b>Stretch</b>			
	<b>Weekly Total</b>		<b>9:00</b>	