

2008 Ironman Beginner Weekly Training Plan
Week 19 of 19

	Exercise	Element	Duration	Workout Specifics
MON				
8-Apr				Rest
TUES	Swim	E(3)	0:45	IM pace run. 2-3 short accels.
5-Apr				
WEDS	Bike	Form	1:00	Easy bike, zone 1, some accels to IM pace.
6-Apr				
THURS	Run	Form	0:30	Easy, very easy. Loosen up.
7-Apr				
FRI	Swim	Form	0:30	Get loosened up in the water. Do 5x100 slightly faster than race pace simulating start.
8-Apr				Rest, stretch, drink water.
	Stretch			
SAT	Bike	Form	0:45	Get loosened up in the water. Do 5x100 slightly faster than race pace simulating start.
9-Apr	Run	Form	0:15	Rest, stretch, drink water.
SUN	IM	race	12-15hrs	Don't go too hard.
10-Apr				You've been training at this pace for three weeks or more.
				Go that pace.
	Stretch			

Weekly Total	3:45
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