

2008 Ironman Beginner Weekly Training Plan
Week 2 of 19

	Exercise	Element	Duration	Workout Specifics
MON	Swim	E(1)	0:55	straight swim :45.
10-Dec				Warm up 3-500 drills; swim 40 minutes nonstop in Zone 1-2 (easy). Cool down with 200m drills. Pull Bouy OK.
TUES	Run	ME(3)	1:10	Speed workout. Pace should be :30-1:00 faster than proposed IM pace.
11-Dec				
	Strength			STRENGTH: :20-:30 circuit
WEDS	Swim	ME(3)	0:45	500 WU w/ drills; 4x300 RI :30, rest 1 minute, 3x200 RI :20, rest, 2x100 RI :10; 200 easy pull CD
12-Dec				pace :10-15/100 faster than goal pace, concentrate on steady pace
	Bike	E(2)	1:00	steady zone 2
THURS	Run	E(2)	1:00	Steady Z2. Count footfalls: should be 22-23 for 15 seconds.
13-Dec				
	Bike	E(3)	1:00	Trainer workout. Focus on technique, spin, efficiency.
	Stretch			
FRI	Swim	ME(3)	0:50	500 WU drills; 4x400 RI 1:00, 3x100 kick; 200 pull CD.
14-Dec				
	Strength			STRENGTH: :20-:30 circuit
SAT	Bike	E(2)	3:00	Steady. Hills--work on constant effort/HR on hills.
15-Dec				
	Stretch			
SUN	Run	E(2)	1:20	Steady.
16-Dec				
	Stretch			
Weekly Total			11:00	