

2008 Ironman Beginner Weekly Training Plan
Week 4 of 19

	Exercise	Element	Duration	Workout Specifics
MON	Swim	E(1)	1:00	straight swim :50.
24-Dec				Warm up 3-500 drills; swim 50 minutes nonstop in Zone 1-2 (easy). Cool down with 200m drills. Pull Bouy OK.
TUES	Run	ME(3)	1:00	Speed workout. Pace should be :30-1:00/mile faster than proposed IM pace.
25-Dec				
	Strength			
WEDS	Swim	ME(3)	0:55	500 WU w/ drills; 2x(500 pull, 500 swim) 1:00RI
26-Dec				4x100 kick; 200 easy CD
	Bike	E(2)	1:00	steady zone 2
				STRENGTH: :20-:30 circuit
THURS	Run	E(2)	1:00	Steady Z1-2. Count footfalls: should be 22-23 for 15 seconds.
27-Dec				
	Bike	ME(3)	1:10	Trainer workout. Focus on technique, spin, efficiency.
	Stretch			
FRI	Swim	ME(3)	0:55	500 WU drills; 3x250 descending RI :30, rest 1 minute, 3x250 descending RI :30
28-Dec				300 kick, 200 east CD
	Strength			STRENGTH: :20-:30 circuit
SAT	Bike	E(2)	2:00	Steady ride, Z2. Easy hills
29-Dec				
	Stretch			
SUN	Run	E(2)	1:30	Steady. 2nd half should be same speed as first, HR 3-5 BPM higher.
30-Dec				
	Stretch			
Weekly Total			10:30	