

2008 Ironman Beginner Weekly Training Plan
Week 8 of 19

	Exercise	Element	Duration	Workout Specifics
MON	Swim	E(1)	1:00	straight swim :60.
21-Jan				Ensure warmed up and stretched, then swim nonstop in Zone 1-2 (easy).
				Alternate: Rest here, swim Tuesday
TUES	Run	ME(3)	1:15	Speed workout. Pace should be :30-1:00/mile faster than proposed IM pace.
22-Jan				concentrate on even pacing and good form.
	Strength			STRENGTH: :20-:30 circuit
WEDS	Swim	ME(3)	0:55	500 WU w/ drills; 4x500 Z2 RI 1:00 descending splits, 5x100 RI :15 descending.
23-Jan				6x50 kick, 200 pull CD.
	Bike	E(2)	1:00	steady zone 2
THURS	Run	E(2)	1:00	Hills if able. Include 4-5x 90 sec accels to increase HR by 15bpm.
24-Jan				
	Bike	ME(3)	1:10	Trainer workout. Focus on technique, spin, efficiency.
	Stretch			
FRI	Swim	ME(3)	0:55	500 WU drills; 400, rest :30, 4x100 RI :15; 300, 3x100, 200, 2x100, 100;
25-Jan				100 kick, 200 pull CD.
	Strength			STRENGTH: :20-:30 circuit
SAT	Bike	E(2)	2:30	Steady ride, Z2. Easy hills
26-Jan	Run	E(1)	0:15	Easy transition run.
	Stretch			
SUN	Run	E(2)	2:15	Easy run, Z2.
27-Jan				Heart Rate steady all run. Let HR rise no more than 10 beats beginning to end.
	Stretch			
Weekly Total			12:15	