

2008 Ironman Beginner Weekly Training Plan
Week 9 of 19

	Exercise	Element	Duration	Workout Specifics
MON	Swim	E(1)	1:10	straight swim :65.
28-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.
29-Jan				concentrate on even pacing and good form.
	Strength			STRENGTH: :20-:30 circuit
WEDS	Swim	ME(3)	0:55	100, 200, 300, 400, 500, 400, 300, 200, 100 rest :15/100 each.
30-Jan				200 pull CD.
	Bike	E(2)	1:15	steady zone 2
THURS	Run	E(2)	1:00	Hills if able. Include 4-5x 90 sec accels to increase HR by 15bpm.
31-Jan				
	Bike	ME(3)	1:15	Trainer workout. Focus on technique, spin, efficiency.
	Stretch			
FRI	Swim	ME(3)	0:55	500 WU w/ drills; 3-4x(200 swim, rest :30, 4x50 stroke RI :20) RI 1:00.
1-Feb				400 pull. 6x50 kick, 200 pull CD.
	Strength			STRENGTH: :20-:30 circuit
SAT	Bike	E(2)	4:00	Steady ride, Z2. Easy hills
2-Feb				
	Stretch			
SUN	Run	E(2)	1:30	Easy run, Z2.
3-Feb				Heart Rate steady all run. Let HR rise no more than 10 beats beginning to end.
	Stretch			

Weekly Total	13:15
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