

MON

TUE

WED

THU

FRI

SAT

SUN

WEEK

BIKE

Build 2 of 6 IRONMAN Specifics
 Bike - Trainer (Progressive TT, 90)
 Duration (P) 1:30:00
Workout Description
 20 min easy spin (10 min TT 170%)
 10 min easy
 5 min TT (200W) recovery
 5 min TT (200)
 5 min easy
 5 min all out (200W) Easy Spin
 cooldown
 Rest 4 min

SWIM

Bike 2000
 Duration (P) 1:00:00
 Distance (P) 2000m
Workout Description
 600 swim (200 x 30)
 600 swim (200 x 30) swimming with the
 clock
 200 swim (200 x 30) swim
 for 1:20 and 20 min (200 x 30) swim
 200 swim
 with pull-up (10 min) set timing
 200 swim (200 x 30) swim
 technique
 200 swim (200 x 30)

RUN

Run - Trainer (100)
 Duration (P) 0:45:00
Workout Description
 75 min easy warmup
 11 min Repeats (2 x 200 m @
 2:00 min @ 2.15) about the 75
 min warmup on the 2.15

SWIM

Swim - Water (20)
Workout Description
 1000 swim on
 1 minute of 1 x 200 (100)
 200 pull-up
 200 pull-up swim
 400 pull
 200 kick

STRENGTH

Strength - Total Body
 Duration (P) 0:20:00
Workout Description
 70 push-ups (50 sec plank)
 20 sec x 2 side planks
 10 push-ups 100 mt
 10 push-ups (50 sec plank)
 20 sec x 2 side planks
 10 push-ups
 Mower (20 sec) 3 x 10 sec in
 each direction
 Squats (10 sec) 3 x 10 sec
 and slow

BRICK

Bike 2000
 Duration (P) 1:00:00
Workout Description Mostly
 steady riding with 10-15 minutes
 of strong effort mixed in to the
 session. This steady for 70-75
 between each strong effort
T Run
 20' of aerobic running within 10'
 of completing run

RUN

Run - Steady
 Duration 1:00:00
Post Run Recovery Swims
 600P with 50 swim up
 600P 2nd swim up
 600P with 50 swim up
 6 x 200' at 4 x ("Fast" / "easy")
 20' @
 6 x 100P (swim) 1 x 200P, 75L
 85L, 90L @ 20'
 6 x 200P "Moderate" ... focus on
 technique = 10'

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REST

Build & Begin Team
Workout Description
 Start putting 4 back - 60 min
 four of every week day
Key Off - Rest

SWIM

Run 100 - 2000
 900
 500 easy swim
 60'
 1:00 swim Easy and build to steady
 effort swim (200)
 600 swim and interval
 1:00 swim (200) about the 100
 and swim change in effort required to
 swim faster
 20' 100 swim (200 x 30)
Pre activity comments
 To add make your swimmer to faster
 than the first

RUN

Run - Trainer (100)
 Duration (P) 0:45:00
Workout Description
 75 min easy warmup
 11 min Repeats (2 x 200 m @
 2:00 min @ 2.15) about the 75
 min warmup on the 2.15

SWIM

Swim - Race Prep (200)
 Duration (P) 0:45:00
 Distance (P) 2000m
Workout Description
 600
 600 swim (200 x 30) pull
 60'
 6000 on gear race pace
 20'
 60' 100 as 15 gear race pace (75
 min)

STRENGTH

Strength - Total Body
 Duration (P) 0:20:00
Workout Description
 70 push-ups (50 sec plank)
 20 sec x 2 side planks
 10 push-ups 100 mt
 10 push-ups (50 sec plank)
 20 sec x 2 side planks
 10 push-ups
 Mower (20 sec) 3 x 10 sec in
 each direction
 Squats (10 sec) 3 x 10 sec
 and slow

BRICK

Bike 2000
 Duration (P) 1:00:00
Workout Description Mostly
 steady riding with 3 x 10-15 min
 intervals of strong effort as you
 need. Variation over day
T Run
 20' of aerobic running within 10'
 of completing run

RUN

Run - Easy
 Duration 1:00:00
Post Run Recovery Swims
 600P with 50 swim up
 600P 2nd swim up
 600P with 50 swim up
 6 x 200' at 4 x ("Fast" / "easy")
 20' @
 6 x 100P (swim) 1 x 200P, 75L
 85L, 90L @ 20'
 6 x 200P "Moderate" ... focus on
 technique = 10'

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BIKE

Easy Steady
 If you do anything off the plan this
 week, do not think the cannot get
 any faster
T Run
 20' of aerobic running within 10'
 of completing run

SWIM

Run 100 - 2000
 900
 500 easy full gear (2000) and
 long, then 100 x 100 @ 20' 20'
 of 100 x 100 @ 20' 20' of 1 x
 through
 100 swim with an easy 200

RUN

600' running for 10'

SWIM

Prep 2000
 Duration (P) 0:45:00
 Distance (P) 2000m
Workout Description
 600
 600 swim (200 x 30) pull
 60'
 6000 on gear race pace
 20'
 60' 100 as 15 gear race pace (75
 min)

PREP

10' Open Water (200) on course
 Practice sighting and weather
 take day

PREP

Custom - Pre - Race Tune-Up
 Duration (P) 0:45:00
Workout Description
 Get out and into the bike, checking
 the gears and all maintenance to
 have for 30 minutes then get off
 for an easy 20 minutes on with
 30 minutes of aerobic. The steady
 to keep the blood flowing and
 calm pre-race nerves

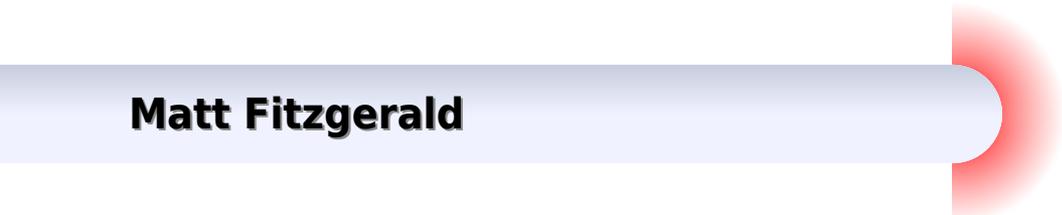
RACE DAY

Good luck and happy racing!

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Ironman Training Plan

Matt Fitzgerald



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