

MON

TUE

WED

THU

FRI

SAT

SUN

WEEK

**BIKE**

**Build 2 of 6 IRONMAN Specifics**  
 Mile - Trainer (Progressive TT, 90)  
 Duration: 01:15:00  
**Workout Description**  
 20 min easy spin (10 min TT 170R)  
 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**

Mile 2000  
 Duration: 01:10:00  
 Distance: 01:20:00  
**Workout Description**  
 600 swim back by 100  
 400 and 100 swimming pattern by 100  
 200  
 200 swim (10 min) float back  
 to 100 and 10 min (10 min) swim 100  
 pattern  
 with pull-up (10 min) set timing  
 100 swim (10 min) pattern  
 technique  
 200 float and swim

**RUN**

Mile - Trainer (10 min)  
 Duration: 01:04:00  
**Workout Description**  
 15 min easy warmup  
 11 min Repeats (2 200 min @  
 2:00 min @ 2:15) about the 15  
 min interval on the 2.5 %

**SWIM**

10 Minutes Set  
**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: 01:00:00  
**Workout Description**  
 10 push-ups (slow plank)  
 10 min x 2 side planks  
 10 push-ups (100 rest)  
 10 push-ups (slow plank)  
 10 min x 2 side planks  
 10 push-ups  
 Maximal statics, 3 x 10 pieces in  
 each direction  
 Squats (off-rope), 3 x 10 min  
 and slow

**BRICK**

Mile 2000  
 Duration: 01:40:00  
**Workout Description** Mostly  
 steady riding with 10-15 minutes  
 of strong effort mixed in to the  
 session. This steady for 10-20  
 between each strong effort  
**T Run**  
 20' of aerobic running within 10'  
 of completing run

**RUN**

Mile - Steady  
 Duration: 1:00:00  
**Post Run Recovery Swims**  
 400FT with five warm up  
 400FT Pull warm up  
 400W with five warm up  
 8 x 200' at 4 x ("Fast" / "easy")  
 off 10'  
 6 x 100FT (stepped) 1 x 200W, 70L,  
 80L, 90W + 20'  
 8 x 200' "moderate" ... focus on  
 technique + 10'

10

**REST**

**Build & Begin Team**  
**Workout Description**  
 Start putting 4 back - 100 at once  
 four of every week for  
 Day Off - Rest

**SWIM**

Mile 1000  
 900  
 500 easy swim  
 400  
 1:00 float Easy and build to steady  
 effort once time  
 400 easy and interval  
 1:00 swim float back the first and  
 back change in effort required to  
 swim faster  
 12 100 swim 100 rest  
 Pay attention to  
 10 and make your swimmer to faster  
 than the first

**RUN**

Mile - Trainer (10 min)  
 Duration: 01:04:00  
**Workout Description**  
 15 min easy warmup  
 11 min Repeats (2 200 min @  
 2:00 min @ 2:15) about the 15  
 min interval on the 2.5 %

**SWIM**

Mile - Race Prep 2000  
 Duration: 01:04:00  
 Distance: 01:20:00  
**Workout Description**  
 600  
 400 Free (100 kick) 100 pull  
 400  
 1000 on gear race pace  
 10  
 60 100 on 15 gear race pace 75  
 rest

**STRENGTH**

**Strength - Total Body**  
 Duration: 01:00:00  
**Workout Description**  
 10 push-ups (slow plank)  
 10 min x 2 side planks  
 10 push-ups (100 rest)  
 10 push-ups (slow plank)  
 10 min x 2 side planks  
 10 push-ups  
 Maximal statics, 3 x 10 pieces in  
 each direction  
 Squats (off-rope), 3 x 10 min  
 and slow

**BRICK**

Mile 1000 Duration: 01:00:00  
**Workout Description** Mostly  
 steady riding with 3 x 10 min  
 intervals on a short rest as you  
 need. Duration one day  
**T Run**  
 20' of aerobic running within 10'  
 of completing run

**RUN**

Mile - Easy  
 Duration: 1:00:00  
**Post Run Recovery Swims**  
 400FT with five warm up  
 400FT Pull warm up  
 400W with five warm up  
 8 x 200' at 4 x ("Fast" / "easy")  
 off 10'  
 6 x 100FT (stepped) 1 x 200W, 70L,  
 80L, 90W + 20'  
 8 x 200' "moderate" ... focus on  
 technique + 10'

11

**BIKE**

**Easy Steady**  
 If you do anything off the plan this  
 week, do not think the cannot get  
 any faster  
 1 hour ride  
 Very easy ride today but insert 1 x  
 2 min @ race effort on regular rest.

**SWIM**

**Race Prep Set**  
 1000  
 500 easy full gear (pedals and  
 float) then 100 x 10 @ 20-25%  
 of pace on 15 min rest. 20 min of 1 x  
 through  
 1000 swim with an easy 200

**RUN**

400' running for off

**SWIM**

Prep 2000  
 Duration: 01:04:00  
 Distance: 01:20:00  
**Workout Description**  
 600  
 400 Free (100 kick) 100 pull  
 400  
 1000 on gear race pace  
 10  
 60 100 on 15 gear race pace 75  
 rest

**PREP**

10' Open Water Swims on course  
 Practice sighting and weather  
 take day

**PREP**

Custom - Pre - Race Tune Up  
 Duration: 01:04:00  
**Workout Description**  
 Get out and into the bike, checking  
 the gears and all maintenance for  
 before the 30 minutes then get off  
 for an easy 20 minutes on with  
 100 minutes of running. The aim is  
 to keep the blood flowing and  
 calm pre-race nerves

**RACE DAY**

Good luck and happy racing!

12

# Ironman Training Plan

**Zhe Xu**



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## **Table of Contents Ironman Training Plan**

1. Understanding the eBook Ironman Training Plan
  - The Rise of Digital Reading Ironman Training Plan
  - Advantages of eBooks Over Traditional Books
2. Identifying Ironman Training Plan
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Ironman Training Plan
  - User-Friendly Interface
4. Exploring eBook Recommendations from Ironman Training Plan
  - Personalized Recommendations
  - Ironman Training Plan User Reviews and Ratings
  - Ironman Training Plan and Bestseller Lists
5. Accessing Ironman Training Plan Free and Paid eBooks
  - Ironman Training Plan Public Domain eBooks

- Ironman Training Plan eBook Subscription Services
- Ironman Training Plan Budget-Friendly Options
- 6. Navigating Ironman Training Plan eBook Formats
  - ePub, PDF, MOBI, and More
  - Ironman Training Plan Compatibility with Devices
  - Ironman Training Plan Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Ironman Training Plan
  - Highlighting and Note-Taking Ironman Training Plan
  - Interactive Elements Ironman Training Plan
- 8. Staying Engaged with Ironman Training Plan
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Ironman Training Plan
- 9. Balancing eBooks and Physical Books Ironman Training Plan
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Ironman Training Plan
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Ironman Training Plan
  - Setting Reading Goals Ironman Training Plan
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Ironman Training Plan
  - Fact-Checking eBook Content of Ironman Training Plan
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks

## 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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web tuned circuit consists of a coil and a capacitor connected in series or parallel whenever the characteristics of inductance and capacitance are found in a tuned circuit the phenomenon as resonance takes place resonance circuits the frequency applied to an lcr circuit causes  $x_L$  and  $x_C$  to be equal and the circuit is resonant

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web the problem of potential instability with a single tuned amplifier is overcome in a double tuned amplifier which consists of inductively coupled two tuned circuits one  $L_1 C_1$  in the collector circuit and the other  $L_2 C_2$  in the output circuit as shown in fig 18 12

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web single tuned circuit consider the single tuned circuit in fig 10 21 a tank circuit i e a parallel resonant circuit on the secondary side is inductively coupled to coil 1 which is excited by a source  $v_i$  let  $r_s$  be the source resistance and  $r_1$   $r_2$  be the resistances of coils 1 and 2 respectively

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web a double tuned amplifier is a tuned amplifier with transformer coupling between the amplifier stages in which the inductances of both the primary and secondary windings are tuned separately with a capacitor across each the scheme results in a wider bandwidth and steeper skirts than a single tuned circuit would achieve

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web classifying sentences is easiest if you mark the parts and then see what you have underline independent clauses once underline dependent clauses twice 1 independent simple 2 independent compound 1 independent and 1 or more dependent

complex 2 or more independent and 1 or more dependent compound complex

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simple sentence a simple sentence is a sentence that has one independent clause and no subordinate clauses an independent clause also known as the main clause is in essence a simple sentence

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web 1 a simple sentence consists of one independent thought one independent clause 2 an independent clause contains a subject and a verb a subject and an object 3 a compound sentence consists of one or more independent clauses two or more independent clauses 4 independent clauses can be joined by using a coordinating conjunction

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