

MON

TUE

WED

THU

FRI

SAT

SUN

WEEK

**BIKE**

**Build 2 of 6 IRONMAN Specifics**  
 Mile - Trainer (Progressive TT, 90)  
 Duration (P) 1:30:00  
**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 (200)  
 Duration (P) 1:00:00  
 Distance (P) 2000m  
**Workout Description**  
 600 swim (20 x 30)  
 600 swim (20 x 30) swimming with the  
 clock  
 200 swim (20 x 10) float  
 for 1:20 on 20 min (20 swim) 60  
 minutes  
 with pull-up (10 min) set timing  
 200 swim (20 x 10) perfect  
 technique  
 200 float and then

**RUN**

Mile - Trainer (200)  
 Duration (P) 0:45:00  
**Workout Description**  
 75 min easy walking  
 11 min Repeats (2 200 min @  
 2:00 min @ 2:15) about the 75  
 min timer on the 2.5 %

**SWIM**

1/2 Mile (200)  
 Duration (P) 0:45:00  
**Workout Description**  
 1000 swim on  
 1 minute of 1 x 200 (200)  
 200 pull-up  
 200 pull-up swim  
 400 pull  
 200 kick

**STRENGTH**

Strength - Total Body  
 Duration (P) 0:30:00  
**Workout Description**  
 70 push-ups (50 side plank)  
 20 x 2 side plank  
 10 push-ups 100 rest  
 10 push-ups (50 side plank)  
 20 x 2 side plank  
 10 push-ups  
 Muscle Wobble, 3 x 10 pieces in  
 each direction  
 Squats (off toes), 3 x 10 min  
 and slow

**BRICK**

Mile (200)  
 Duration (P) 0:45:00  
**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**

Mile - Steady  
 Duration 1:00:00  
**Post Run Recovery Swims**  
 600P with 50 swim up  
 600P 200 swim up  
 600P with 50 swim up  
 6 x 200' on 4 x ("Fast" / "easy")  
 off 20'  
 6 x 100P (stepped) 1 x 200P, 75L,  
 85L, 95L + 20'  
 6 x 200P "moderate" ... focus on  
 technique + 10'

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**REST**

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

**SWIM**

Mile (200)  
 Duration (P) 1:00:00  
**Workout Description**  
 1:00 steady Easy and build to steady  
 effort slow start  
 600 easy and relaxed  
 1:00 steady faster than the first and  
 some change in effort required to  
 swim faster  
 12 100 swim 200 rest  
 Pay attention to technique  
 To add make your swimmer to faster  
 than the first

**RUN**

Mile - Trainer (200)  
 Duration (P) 0:45:00  
**Workout Description**  
 75 min easy walking  
 11 min Repeats (2 200 min @  
 2:15 min @ 2:30) about the 75  
 min timer on the 2.5 %

**SWIM**

Mile - Race Prep (200)  
 Duration (P) 0:45:00  
 Distance (P) 2000m  
**Workout Description**  
 600  
 600 Free (200 swim) 200 pull  
 600  
 600 on gear race pace  
 12  
 600 on 15 gear race pace (75  
 min)

**STRENGTH**

Strength - Total Body  
 Duration (P) 0:30:00  
**Workout Description**  
 70 push-ups (50 side plank)  
 20 x 2 side plank  
 10 push-ups 100 rest  
 10 push-ups (50 side plank)  
 20 x 2 side plank  
 10 push-ups  
 Muscle Wobble, 3 x 10 pieces in  
 each direction  
 Squats (off toes), 3 x 10 min  
 and slow

**BRICK**

Mile - 200 Duration (P) 0:45:00  
**Workout Description** Mostly  
 steady riding with 3 x 10 min  
 intervals on a track and 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**  
 600P with 50 swim up  
 600P 200 swim up  
 600P with 50 swim up  
 6 x 200' on 4 x ("Fast" / "easy")  
 off 20'  
 6 x 100P (stepped) 1 x 200P, 75L,  
 85L, 95L + 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  
 1 hour ride  
 Very easy ride (200) but 1 hour 1 x  
 2 min @ race effort on regular road.

**SWIM**

**Race Prep 1st**  
 1000m  
 200 easy full gear (200) and  
 long, then 100 x 100 @ 20-25%  
 of pace on 75 min rest. 20 min of 1 x  
 through  
 1000 swim with an easy 200

**RUN**

600 running for 10'

**SWIM**

Prep (200)  
 Duration (P) 0:45:00  
 Distance (P) 2000m  
**Workout Description**  
 600  
 600 Free (200 swim) 200 pull  
 600  
 600 on gear race pace  
 12  
 600 on 15 gear race pace (75  
 min)

**PREP**

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

**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 for  
 before the 300 minutes then get off  
 for an easy 20 minutes on with  
 300 minutes of riding. The aim is  
 to keep the blood flowing and  
 calm pre-race nerves

**RACE DAY**

Good luck and happy racing!

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# Ironman Training Plan

**R Barnett**



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