

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 170%)  
 10-min easy  
 5-min TT (200W) recovery  
 5-min TT (200)  
 5-min easy  
 5-min all-out (1000) Easy Spin  
 cooldown  
 Rest 4 min

**SWIM**

Mile (200)  
 Duration (P) 1:00:00  
 Distance (P) 2000m  
**Workout Description**  
 400-swim (200 x 2)  
 400-swim (200 x 2) swimming with the  
 clock  
 200-swim (100 x 2) float  
 for 1:15 and 20-min (200) swim 100  
 strokes  
 with pull-up (100) set timing  
 200-swim (100 x 2) perfect  
 technique  
 200-swim (100 x 2)

**RUN**

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

**SWIM**

1/2 Mile (100)  
 Duration (P) 0:30:00  
**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) 0:30:00  
**Workout Description**  
 70 push-ups (50) plank  
 20min x 2 side planks  
 10 push-ups 100 rest  
 10 push-ups (50) plank  
 20min x 2 side planks  
 10 push-ups  
 Monster Walks, 3 x 15 paces in  
 each direction  
 Squats (10) reps, 3 x 15-rep  
 and slow

**BRICK**

Mile (200)  
 Duration (P) 0:45:00  
**Workout Description** Mostly  
 steady riding with 1-10 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**  
 400P with 5-min warm up  
 400P 2nd warm up  
 400P with 5-min warm up  
 8 x 200' at 4 x ("Fast" / "easy")  
 off 30  
 8 x 100P (swim) 1 x 200P, 75L  
 85L, 90L x 20  
 8 x 200P "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 (200)  
 Duration (P) 1:00:00  
**Workout Description**  
 1:00 steady Easy and build to steady  
 effort once time  
 400 easy and interval  
 1:00 steady faster than the first and  
 some change in effort required to  
 swim faster  
 2 x 100 swim 200 rest  
 Pay attention to technique  
 to add more speed without to faster  
 than the first

**RUN**

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

**SWIM**

Mile - Race Prep (200)  
 Duration (P) 0:45:00  
 Distance (P) 2000m  
**Workout Description**  
 800  
 400 Free (200) swim 100 pull  
 400  
 2000 on gear race pace  
 20  
 4X 100 on 15 gear race pace (75  
 min)

**STRENGTH**

Strength - Total Body  
 Duration (P) 0:30:00  
**Workout Description**  
 70 push-ups (50) plank  
 20min x 2 side planks  
 10 push-ups 100 rest  
 10 push-ups (50) plank  
 20min x 2 side planks  
 10 push-ups  
 Monster Walks, 3 x 15 paces in  
 each direction  
 Squats (10) reps, 3 x 15-rep  
 and slow

**BRICK**

Mile - 200 Duration (P) 0:45:00  
**Workout Description** Mostly  
 steady riding with 3 x 10 (20-min  
 intervals on each rest 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**  
 400P with 5-min warm up  
 400P 2nd warm up  
 400P with 5-min warm up  
 8 x 200' at 4 x ("Fast" / "easy")  
 off 30  
 8 x 100P (swim) 1 x 200P, 75L  
 85L, 90L x 20  
 8 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 today but insert 1 x  
 2 min @ race effort on regular rest.

**SWIM**

**Race Prep Set**  
 1000m  
 200 easy full gear (pedals and  
 strap) then 400 x 100 @ 2:15-2:30  
 off 200 or 75 min rest. 20 min off 1 x  
 through  
 1000 swim with an easy 200

**RUN**

400' running for off

**SWIM**

Prep (200)  
 Duration (P) 0:45:00  
 Distance (P) 2000m  
**Workout Description**  
 800  
 400 Free (200) swim 100 pull  
 400  
 2000 on gear race pace  
 20  
 4X 100 on 15 gear race pace (75  
 min)

**PREP**

15' Open Water Swims 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 for  
 before the 300 minutes then get off  
 for an easy 20 minutes on with  
 200 minutes of steady. 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

**Katrin Zwirglmaier**



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