

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 (200W) 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 (200 x 1) float  
 for 1:15 and 20-min (200 swim) 200  
 swim  
 with pull-up (10 min) set timing  
 200-swim (200 x 2) perfect  
 technique  
 200-swim (200 x 2)

**RUN**

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

**SWIM**

1/2 Mile (200)  
 Duration (P) 0:45:00  
**Workout Description**  
 1000 swim w/  
 7 rounds 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 (Slow plank)  
 20min x 2 side planks  
 70 push-ups (100 rest)  
 70 push-ups (Slow plank)  
 20min x 2 side planks  
 70 push-ups  
 Maximal Stride, 3 x 15 yards in  
 each direction  
 Squats w/ 10 lbs, 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 70-75  
 between each strong effort  
**T Run**  
 20' of aerobic running within 10'  
 of completing ride

**RUN**

Mile - Steady  
 Duration 1:00:00  
**Post Run Recovery Swims**  
 400P with 5-min warm up  
 400P Pull warm up  
 400P with 5-min warm up  
 8 x 200' w/ 4 x ("Fast" / "easy")  
 20' @ 2'  
 8 x 100P (swim) 1 x 200P, 75L  
 85L, 90L x 20'  
 8 x 200P "Moderate" ... focus on  
 technique + 10'

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**REST**

**Build & Begin Team**  
**Workout Description**  
 Start putting 4 back - 100 at once  
 four of every week for  
**Key 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 relaxed  
 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 and your position in water  
 throughout the swim

**RUN**

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

**SWIM**

Mile - Race Prep (200)  
 Duration (P) 0:45:00  
**Workout Description**  
 1000 swim (200 x 5)  
 400 Pull (200 swim) 200 pull  
 400  
 2000 on gear race pace  
 20'  
 4X 100 on 15 gear race pace (75  
 rest)

**STRENGTH**

Strength - Total Body  
 Duration (P) 0:30:00  
**Workout Description**  
 70 push-ups (Slow plank)  
 20min x 2 side planks  
 70 push-ups (100 rest)  
 70 push-ups (Slow plank)  
 20min x 2 side planks  
 70 push-ups  
 Maximal Stride, 3 x 15 yards in  
 each direction  
 Squats w/ 10 lbs, 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 of a much more so you  
 need. Duration one day  
**T Run**  
 20' of aerobic running within 10'  
 of completing ride

**RUN**

Mile - Easy  
 Duration 1:00:00  
**Post Run Recovery Swims**  
 400P with 5-min warm up  
 400P Pull warm up  
 400P with 5-min warm up  
 8 x 200' w/ 4 x ("Fast" / "easy")  
 20' @ 2'  
 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 (200) but 10-min 1 x  
 2 min @ race effort on regular road.

**SWIM**

**Race Prep Set**  
 1000m  
 200 easy full gear (pedals and  
 long) then 200 x 1 x 100 @ 20' 20"  
 of rest or 75 sec rest. 20 min of 1 x  
 through  
 1000 swim with an easy 200

**RUN**

400' recovery for 40'

**SWIM**

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

**PREP**

15' Open Water Swims on course  
 Practice sighting and weather  
 take off

**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

**Huangqi Zhang**



## **Ironman Training Plan:**

## Unveiling the Energy of Verbal Beauty: An Emotional Sojourn through **Ironman Training Plan**

In a global inundated with displays and the cacophony of quick interaction, the profound energy and psychological resonance of verbal art often disappear in to obscurity, eclipsed by the continuous barrage of sound and distractions. However, nestled within the lyrical pages of **Ironman Training Plan**, a interesting perform of literary elegance that impulses with natural feelings, lies an memorable trip waiting to be embarked upon. Written by a virtuoso wordsmith, this enchanting opus courses viewers on a psychological odyssey, gently revealing the latent potential and profound impact stuck within the complicated internet of language. Within the heart-wrenching expanse of the evocative analysis, we will embark upon an introspective exploration of the book is central styles, dissect their fascinating publishing fashion, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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