

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
 600-swim (200 x 3)
 600-swim (200 x 3) swimming with the
 clock
 200-swim (200) float pool
 for 1:15 and 20-min (20) swim 100
 strokes
 with pull-up (10) set timing
 200-swim (200) counter-pull
 technique
 200-swim (200)

RUN

Mile - Trainer (200)
 Duration (P) 0:45:00
Workout Description
 75-min easy warmup
 11-min Repeats (2 200) min @
 2:00 min @ 2:15 about the 75
 min interval 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 (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 yards in
 each direction
 Squats (10) reps, 3 x 15-min
 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
 600FT with 5-min warm up
 600FT Pull warm up
 600W with 5-min warm up
 6 x 200' at 4 x ("Fast" / "easy")
 off 30
 6 x 100FT (swim) 1 x 200FT, 75L
 85L, 95L x 20
 6 x 200FT "moderate" ... focus on
 technique + 10

10

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
 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
 15 and make your swimmer 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 @ 2:30 about the 75
 min interval on the 2.5 %

SWIM

Mile - Race Prep (200)
 Duration (P) 0:45:00
 Distance (P) 2000m
Workout Description
 600
 600 Free (200) swim 100 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) 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 yards in
 each direction
 Squats (10) reps, 3 x 15-min
 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
 600FT with 5-min warm up
 600FT Pull warm up
 600W with 5-min warm up
 6 x 200' at 4 x ("Fast" / "easy")
 off 30
 6 x 100FT (swim) 1 x 200FT, 75L
 85L, 95L x 20
 6 x 200FT "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
 1000m
 200 easy full gear (pedals and
 strap) then 1000 x 100 @ 20-25%
 of pace on 15 min rest. 20 min of 1 x
 through
 1000 swim with an easy 200

RUN

600 recovery for off

SWIM

Prep (200)
 Duration (P) 0:45:00
 Distance (P) 2000m
Workout Description
 600
 600 Free (200) swim 100 pull
 600
 600 on gear race pace
 12
 600 on 15 gear race pace (75
 min)

PREP

15 (20) 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 30 minutes then get off
 for an easy 20 minutes on with
 30 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

Vassos Alexander



Ironman Training Plan:

Triathlete Magazine's Essential Week-by-Week Training Guide Matt Fitzgerald,2009-11-29 From Triathlete magazine the most popular source for triathlete information comes an essential guidebook of weekly training plans for all skill levels As popular as the swim bike run sport has become in recent years triathlon training remains a daunting physical and mental challenge From short sprints to Olympic distance events this guide from Triathlete magazine provides athletes with different plans for every skill level and shows them how to build up their training to reach their ultimate goal Good humored narrative text accompanies detailed workout schedules guidelines weekly goals and coaching tips Including off season training advice and photo illustrated stretches and exercises this is the book triathletes need to stay at the top of their game

Triathlon Workout Planner John Mora,2006-01-18 The e book format allows readers to bookmark highlight and take notes throughout the text When purchased through the HK site access to the e book is immediately granted when your order is received

Triathlon the Ultimate Sport Lisa Hill,Brooke Hill,2018-03-02 Triathlon the Ultimate Sport is the ultimate guide to taking your triathlon goals to the next level This book is written and formatted to be easy to read and apply the information presented Whether you are just starting out or finishing your tenth triathlon Triathlon the Ultimate Sport has something for everyone In depth training plans for all levels beginner intermediate and advanced A 24 week Ironman distance training program and scores of thoughts tips and tricks to make your training the best it can be So put on your swim goggles grease up your bike gears and lace up those running shoes and get started

Developing Endurance NSCA -National Strength & Conditioning Association,Ben Reuter,2012-02-29 Runners cyclists swimmers rowers triathletes and ultradistance athletes must sustain performance at a high level to come out on top Developing Endurance shows how to achieve optimal stamina to race your best through science based aerobic anaerobic and resistance training Written by 11 top experts in the National Strength and Conditioning Association the top sport conditioning organization in the world this guide provides both the background information and the exercises drills workouts and programs for ultimate results Athletes and coaches will appreciate the assessment tools analyses and instruction to define specific needs and establish effective training goals Armed with these tools and information you can create the ideal personalized training program for your sport and avoid lengthy plateaus while taking performance to the highest level Earn continuing education credits units A continuing education course and exam that uses this book is also available It may be purchased separately or as part of a package that includes all the course materials and exam

Training Plans for Multisport Athletes Gale Bernhardt,2000 Offers multisport athletes advice on how to understand the science of training and effectively self train providing sample training plans for different levels of multisport events specific workouts for each type of plan ratings for exertion levels and generic training plans that can be used for all ability levels

A Grounded Theory of Ironman Triathlete Training Suzannah Mort Armentrout,2007

18-Week Half IronMan Triathlon Training Plan Team Iron Cowboy,2020-03-12 Developed by

Certified IRONMAN Coaches and Triathlon Guinness World Record holder James The Iron Cowboy Lawrence Train for your triathlon with complete daily planning for running swimming and cycling **Inside Triathlon**, 2007 **Cycling Science**, 1989 **The Complete Triathlon Endurance Training Manual** Patricia Bragg, Bob Johnson, 1985 **Ironman's Home Gym Handbook** Steve Holman, 1990 **Be IronFit** Don Fink, Melanie Fink, 2016-01-01 The third edition of the best Ironman triathlon training book in the market this updated volume contains time efficient training methods that have been honed over the years and have been proved to aid anyone in achieving their athletic dreams from beginners to experienced competitors This edition contains all new training plans new swim sessions new athlete profiles and state of the art flexibility and core strength regimens Be Iron Fit contains The essential workouts with exercise photography The training cycle Core training 30 week training programs Effective time management The principle of gradual adaptation Effective heart rate training Proper technique Equipment tips Race and pre race strategies Mental training Effective goal setting and race selection Nutrition And much more **The Triathlete's Training Bible** Joe Friel, 2004 Coach Joe Friel touts the benefits of creating a scientific self coached training plan to refine your skills and improve your triathlon performance You will learn how to train smarter not harder and apply proven techniques for increasing endurance without overtraining Friel equips you with the know how to build a personal training plan based on your individual needs and goals for the next racing season In addition to the physical aspect of training Friel addresses the importance of mental preparation and training from attitude to zealousness Whether you are an amateur professional or training for your first triathlon event you will find comprehensive information to help you achieve your goals and reach your maximum potential Page 4 cover **The Triathlon Training and Racing Book** Sally Edwards, 1985 **Triathlon** Joe Baker, Whitney Sedgwick, 2005 If you are a triathlete coach or someone interested in participating in an upcoming triathlon Sport Psychology Library Triathlon holds many answers to establishing and maintaining the mental discipline needed for what is certainly one of the most grueling and psychologically challenging events in all of sport Guided by the expertise of Dr Joe Baker and Dr Whitney Sedgwick both experienced successful athletes and triathlon competitors Sport Psychology Library Triathlon summarizes current research and offers invaluable mental exercises to improve mental performance during triathlon training and competition **The Complete Book of Triathlons** Sally Edwards, Rebecca Brocard Yao, Kaari Busick, 2001 Train Hard Enjoy Yourself and Excel Congratulations You've reached the starting line for achieving the physical and psychological triumph of your life training for a triathlon Whether you're training for your very first triathlon or simply looking to improve your performance this book has it all Inside 19 time Ironman finisher Sally Edwards coaches you mile by mile through the exhilarating sport of triathlon You'll learn how to work out at a pace that's perfect for you and discover the wonderful physical and mental rewards of regular training and exercise Triathlons are for everyone including you This book will help you prove it by teaching you how to Overcome the mental and physical barriers Train properly and improve steadily in each sport Find the equipment suited just

for you Develop a performance enhancing nutritional and workout strategy And much much more *Runner's World* ,2002
Coaches Report ,2000 *San Diego Magazine* ,2006-07 *How to Run a Marathon: The Go-to Guide for Anyone and Everyone* Vassos Alexander,2021-01-07 Ever been tempted to try a marathon Maybe you ve just started running perhaps you re gaining confidence or are you already well on your way to conquering the iconic distance Whatever stage you re at on your journey join marathon man Vassos Alexander as he shows us why we shouldn t be afraid of the big 26 2

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