

MON	TUE	WED	THU	FRI	SAT	SUN	WEEK
<p>BIKE</p> <p>Build 1 of 3 Endurance Specificity Mile: Trainer Progressive 175, 300 Duration (H): 1:00:00 Workout Description: 20 min easy spin, 10 min TT (20W) 20 min easy Mile TT (20W) 5 min easy 5 min TT (20W) 5 min easy 4 min interval (100W) easy spin 5 min interval Pace 1 easy</p>	<p>SWIM</p> <p>Swim: Only 2000 Duration (H): 1:00:00 Distance (M): 2000 m Workout Description: 400 warm-up by 100 400 rest 20' breathing pattern by 100 10x 25 or 30 sec (10 min) rest 4x 125 or 150 sec (20' swim) 100 smoothly 4x 75 pull w/ 15' rest (20' strong) 400 swim free, smooth perfect technique 200' easy cool-down</p>	<p>RUN</p> <p>Run: Treadmill/Track Duration (H): 0:45:00 Workout Description: 15 min easy warm-up 11x 100 repeats 1:1, 1:05 rest @ 10% pace @ 2.5% down the 1% then recover on the 1:1's</p>	<p>SWIM</p> <p>Swim: Master Set Duration (H): 0:45:00 Workout Description: 1000 warm-up 2 repeats of 2 x 200 rest 100 200 fast pace 200 pull 400 swim 400 pull 200 kick rest 20' swim 100 smoothly 4x 75 pull w/ 15' rest (20' strong) 400 swim free, smooth perfect technique</p>	<p>STRENGTH</p> <p>Strength: Total Body Duration (H): 0:30:00 Workout Description: 10 push-ups, 10 sec plank 10 sec + 2 push-planks 10 push-ups, 100 rest 10 push-ups, 10 sec plank 10 sec + 2 side planks 10 push-ups 10 sec rest 1000 rest 20' swim 100 smoothly 4x 75 pull w/ 15' rest (20' strong) 400 swim free, smooth perfect technique 200' easy cool-down</p>	<p>BIKE</p> <p>Swim: 45 hours steady effort from Duration (H): 0:30:00 Workout Description: Mostly steady riding with your feet @ 100 rpm effort</p>	<p>RUN</p> <p>Run: Steady Duration: 1:00:00 Post Run Recovery Swim: 400W with free warm-up 400W pull warm-up 400W with free warm-up 4x 200' as 4 x ("fast" + "easy") 20' 30' 4x 100PC (swim) 1 x 200's, 75's, 85's, 95's + 20' 4x 50PC "endurance" ... focus on technique + 10'</p>	7
<p>BIKE</p> <p>Swim: Steady Duration: 1:00:00 Distance: 2000 m Workout Description: 400 warm-up 400 rest 20' breathing pattern by 100 10x 25 or 30 sec (10 min) rest 4x 125 or 150 sec (20' swim) 100 smoothly 4x 75 pull w/ 15' rest (20' strong) 400 swim free, smooth perfect technique 200' easy cool-down</p>	<p>SWIM</p> <p>Swim: Only 2000 Duration: 1:00:00 Distance: 2000 m Workout Description: 400 warm-up 400 rest 20' breathing pattern by 100 10x 25 or 30 sec (10 min) rest 4x 125 or 150 sec (20' swim) 100 smoothly 4x 75 pull w/ 15' rest (20' strong) 400 swim free, smooth perfect technique 200' easy cool-down</p>	<p>RUN</p> <p>Run: Steady Duration (H): 1:00:00</p>	<p>SWIM</p> <p>Swim: Easy/Interval pool Duration (H): 1:00:00 Distance (M): 2000 m Workout Description: 400 400 warm-up 20 min 200 rest with free 4x 125 or 150 sec (20' swim) 100 smoothly 4x 75 pull w/ 15' rest (20' strong) 400 swim free, smooth perfect technique 200' easy cool-down</p>	<p>STRENGTH</p> <p>Strength: Total Body Duration (H): 0:30:00 Workout Description: 10 push-ups, 10 sec plank 10 sec + 2 push-planks 10 push-ups, 100 rest 10 push-ups, 10 sec plank 10 sec + 2 side planks 10 push-ups 10 sec rest 1000 rest 20' swim 100 smoothly 4x 75 pull w/ 15' rest (20' strong) 400 swim free, smooth perfect technique 200' easy cool-down</p>	<p>BIKE</p> <p>Swim: Steady Duration: 1:00:00 Post Run Recovery Swim: 400W with free warm-up 400W pull warm-up 400W with free warm-up 4x 200' as 4 x ("fast" + "easy") 20' 30' 4x 100PC (swim) 1 x 200's, 75's, 85's, 95's + 20' 4x 50PC "endurance" ... focus on technique + 10'</p>	8	
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36 Week Ironman Training Schedule

Gale Bernhardt



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Triathlon Training For Dummies Deirdre Pitney, Donna Dourney, 2008-12-10 Shaping up for a triathlon is serious business. *Triathlon Training For Dummies* is packed with insider tips and proven methods for training for a triathlon and pumping yourself into the best possible shape by race day. It helps you find the motivation you need to stick to your program, eat better to maximize your energy and prevent injuries both before and during the race. This authoritative guide helps you evaluate your cardiovascular fitness, muscle strength, endurance, and flexibility and to set manageable, realistic training goals. You'll learn how to establish a workout schedule, choose a target finish time, get the right, affordable equipment you'll need for each leg of the race, and maximize your fitness and form for swimming, biking, and running. You'll also get plenty of help in putting it all together as you focus your training, add dual workouts, become a quick change artist, and save time during transitions. Discover how to choose an event to train for based on your fitness level. Get into your best possible shape. Select the right equipment and sportswear. Train for an Olympic Sprint or Ironman triathlon. Fuel your body and prevent injuries. Prepare for training sessions. Maintain energy and recover quickly. Set training schedules for every triathlon event. Treat common training and racing injuries. Live like an athlete. *Triathlon Training For Dummies* comes complete with resources for finding triathlons near you, lists of items to bring along on race day, and tips on registration formalities and racing etiquette. *GoodLife Fitness* Maureen Hagan, 2008-12-23 This dynamic fitness program developed by international award-winning fitness instructor Maureen Hagan will help you get in shape and change your lifestyle so that you'll stay in shape for the rest of your life. *GoodLife Fitness 6 Weeks to a New Body* is an easy-to-follow exercise and nutritional program designed to deliver safe, effective results that will lead to improved health and fitness. All it takes is 30 minutes a day, 6 times a week, and Maureen will be with you every step of the way. She'll help you eat right and feel great as you build a new body over the next 6 weeks and beyond. This indispensable book features illustrated exercises with clear, step-by-step instructions, a 42-day program guide, and tracking tools that will motivate you to achieve and maintain your goals. An *Eat Smart* plan to help you make good food choices without relying on a diet, strategies to help you stay on track with your new body and lifestyle after you've successfully completed the 6-week program. Maureen Hagan's book is like having a personal trainer, a nutritionist, and a support system at your side for six weeks. Gilda Swartz, Senior Editor, *Health Canadian Living*. **Triathlete Magazine's Complete Triathlon Book** Matt Fitzgerald, 2003-03-01 A veritable triathlon bible, this book covers everything that anyone from beginner to expert would want to know about competing in the phenomenally popular swimming, bicycling, and running races. In one handy, easily referenced guide, *Triathlete Magazine's Complete Triathlon Book* offers the best advice, stories, and tips from the top coaches and athletes who have contributed to the magazine over the years. Appealing to both novices and the most seasoned athlete, the book strikes a balance between technical depth and beginner-friendliness by getting right down to the guidelines that all triathletes can use. In addition, the book offers advice for the various categories of triathletes.

beginners veterans short course specialists Ironman specialists and others Bearing the name of the most popular source for information on the sport this book is sure to become a classic among triathlon enthusiasts **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 Hal Higdon's How to Train Hal Higdon,1997 Describes twenty four training programs designed for different sports types of people and goals

Celebrating Active Ageing Hari Baskaran,2020-02-21 Hari Baskaran s book Celebrating Active Ageing will benefit all people approaching retirement and those well past it It advocates a lifestyle that enables health and vitality way into the seventies and eighties The book is inspirational and encourages readers to draw up their own unique active ageing agenda with a deliberate and purposeful approach to life Celebrating active ageing embraces a holistic approach to life all aspects of which such as physical activity diet and nutrition and spiritual and social engagement are covered in a compelling and appealing way The narrative is light and free flowing with emphasis on real life experiences and developing and maintaining a sense of joy Excellent read with very interesting anecdotes and experiences I enjoyed reading it This book will transform lives Shiny Surendran Sports Nutritionist Chennai *Le Loop* Ceri Stone,2022-06-06 Le Loop is a guidebook for success and exhilarating adventure as one ordinary man tackles the world s toughest bike race Ceri Stone is an ordinary guy He wanted to do something extraordinary just once in his life This book is the exhilarating story of that adventure He lays out a template for personal success garnered from some rich life experience and he puts his theories to the test by cycling Le Loop Le Loop is an annual charitable event where riders cycle the route of the Tour de France one week before the pros This is an inspiring adventure for athletes of all levels that proves we can achieve our wildest dreams and laugh along the way Much like the tour itself there are extreme highs and lows and Ceri faces them with a searingly honest sense of reflection and a trivial sense of humor This story is warm empowering and leaves you itching to get off your sofa but with a template to succeed at the same time Join Ceri in his quest to live a life less ordinary *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 zealously 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 **Journal of Sports Medicine and Physical Fitness** ,1999 *Inside Triathlon* ,2007 Ironman's Ultimate Guide to Building Muscle Mass Peter Sisco,Ironman Magazine,2000 This how to guide from the pages of Ironman magazine includes the best mass

building routines of the greatest bodybuilders so readers can get the maximum proven results **International Journal of Sport Nutrition** ,1991 Cycling Science ,1989 ASTM Standardization News American Society for Testing and Materials,2003 **Business Week** ,2006-05 **American Book Publishing Record** ,2004 Bacon's Media Calendar Directory ,1996 New York Court of Appeals. Records and Briefs. New York (State)., Bicycle USA. ,1987 **Runner's World** ,1997

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