

36 Week Beginner Ironman Training Plan

Week 1	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL Time
Swim	1500 TECH-A		1500 ST-A			1500 E-A	1:30
Bike		30 TEMPO-A	30 Z1		30 Z1/Z2		1:30
Run	30 Z1/Z2			30 Z1/Z2		30 Z1/Z2	1:30
							4:20
Week 2							
Swim	1500 TECH-B		1500 ST-B			1500 E-B	1:30
Bike		30 TEMPO-B	30 Z1		45 Z1/Z2		1:45
Run	30 Z1/Z2			35 Z1/Z2		30 Z1/Z2	1:35
							4:40
Week 3							
Swim	2000 TECH-A		1500 ST-A			1500 E-A	1:40
Bike		30 TEMPO-A	35 Z1		60 Z1/Z2		2:05
Run	30 Z1/Z2			35 Z1/Z2		45 Z1/Z2	1:40
							5:25
Week 4							
Swim	2000 TECH-B		1500 ST-B			1500 E-B	1:40
Bike		30 TEMPO-B	30 Z1		30 Z1/Z2		1:30
Run	35 Z1/Z2			20 Z1/Z2		30 Z1/Z2	1:25
							4:35
Week 5							
Swim	2000 TECH-A		2000 ST-B			2000 E-A	2:00
Bike		35 TEMPO-A	35 Z1		60 Z1/Z2		2:10
Run	35 Z1/Z2			35 Z1/Z2		45 Z1/Z2	1:45
							5:55

36 Week Ironman Training Plan

Daniel F McAuley



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