

# TRIATHLONTRAINING.NET

# IRONMAN

# DISTANCE

**SWIM: 2.4 MI**

**BIKE: 112 MI**

**RUN: 26.2 MI**

BEFORE beginning this training plan, be sure to evaluate your current fitness level and abilities. This plan will propel you to conquer the distance, but if you are unsure of your current health, please consult a physician.

## OVERVIEW:

Welcome to your Iron Man distance triathlon training plan. Whether this is your first race, or you are seeking a new personal record, this is the plan to help you achieve your goal. We have attempted to make this plan as user-friendly as possible. If you have any questions about the training plan, feel free to visit our contact page at [triathlontraining.net](http://triathlontraining.net), and we will be glad to help. This plan was handmade with proven workouts tested by real triathletes.

This is a 12 week training plan. It can be customized based on your schedule or race, but we do not recommend making too many changes, because your fitness level is never constant. The plan is designed to allow your fitness to peak at the time of the race. If you begin the plan early, you run the risk of peaking too early and racing under declined fitness. Likewise, a late start may mean that you have not reached your peak performance by race day.

If you are a beginner to triathlons, be sure to check out the last few pages of the plan to learn useful tips for calming race-day anxiety and nailing your race. Enjoy and work hard as you indulge yourself into the world of triathlons, and be sure to check back with [triathlontraining.net](http://triathlontraining.net) for news, training tips, coaching and more!



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# SELECTING A RACE AND PLANNING YOUR SEASON

## Selecting a Race

Follow these steps and you should have no trouble:

**1.** First you will need a calendar printout with all the months between now and your projected race date.

**2.** Then go to **usatriathlon.org** and **trifind.com** for a list of events.

**3.** Filter your search based on the date, location, and race distance. Also, keep an eye on the race fees for registering. I recommend choosing a race in a location you have been to before.

Once you are confident about your decision, sign up because some races sell out fast, and most races increase the fee as race day approaches. Also, signing up early will finalize your commitment and motivate you to train hard.

## Season

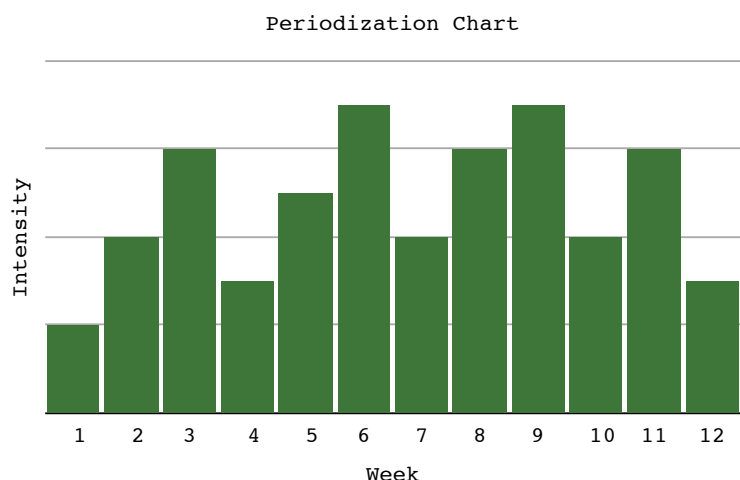
It is possible to participate in multiple races within one season. You can even reuse this plan multiple times in one season. However, it is very important to allow yourself 1-2 weeks of recovery after each race. Below is a “periodization” chart it shows you the volume of training each week.

**Weeks 1-3** are the BASE phase (improve basic abilities).

**Weeks 4-6** are the BUILD-1 phase (increase duration).

**Weeks 7-9** are the BUILD-2 phase (increase intensity).

**Weeks 10-12** are the RACE/PEAK phase (preparation for race day).



# FIRST TIME TRIATHLON

Training for your first triathlon can be an interesting experience. Here are some simple tips to stay safe and to get the most out of training.

## **Find consistent and safe places for training.**

**Swimming:** You will do most workouts in a 25-meter lap pool and if possible find an ocean or lake for occasional open water swim workouts.

*Recommended swim gear: goggles, swim cap, paddles, and a pull buoy*

**Biking:** Try to find clean shoulders on a non-busy road. 5-10 mile loops will work well for training rides and hills are useful for certain workouts. It also helps to find a local bike club to meet other cyclists and learn about new routes.

*Recommended bike gear: Helmet, reflectors, clip-in shoes and pedals, emergency flat repair kit.*

**Running:** You will want to find a school track, nature trails, and/or a nice sidewalk that is around 2 miles long with minimal intersections/stops.

*Recommended running gear: well-fitting running shoes, lap watch, bungee no-tie shoe laces (allow for quick transitions from biking cleats to running shoes).*

Be sure to record your workouts for feedback. For example, each day enter the distance, duration, date, and type of workout with comments into a journal. The plan might seem intense at first. Recovery days are essential, because all gains from a workout happen during the recovery phase.

Recovery includes: ice baths, protein/electrolytes after workout, dynamic stretching before and dynamic/static stretching after is VERY important, constant water intake, and at least 7-8 hours of sleep.

Keep in mind that each day the workout is going to last around 1-3 hours. Therefore, it is important to schedule your training ahead of time. Do not miss a workout to excuses or over exaggerating.

Make a checklist of all the gear you will use on race day to help with packing and setting up the transition area.

# TECHNIQUE AND AVOIDING INJURY

Good form is critical. If you attempt swimming, biking, or running with bad form, your race will suffer from wasted energy and it might even cause you to not finish. Even the pros work on technique, so in this plan you will find technique drills and workouts. If you truly want great advice on form for swimming, I recommend hiring a coach and joining a master swim team. For biking, I recommend a bike fit and spending time in a bike store as well as joining a bike club. For running, join a running club. Also, go to a shoe store whose employees are experienced runners and ask them to help with your form/ shoe fit. There are a plethora of videos online for good form.

Swim: [www.swimsmooth.com](http://www.swimsmooth.com)

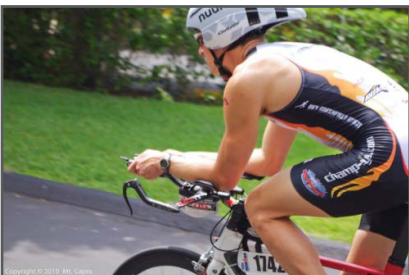
Bike: [http://www.bicycling.com/](http://www.bicycling.com/beginners/bike-skills/bicycling-beginners-guide)

[beginners/bike-skills/bicycling-beginners-guide](http://www.bicycling.com/beginners/bike-skills/bicycling-beginners-guide)

Run: <http://youtu.be/Tx6x2cD6Y8Q>

In order to avoid injury during training, you must pay attention to certain key steps that are often avoided. First is water and electrolytes. In general, you should drink plenty of water each day because it lubricates the muscles which helps to avoid cramps. The basic recommendation is **(bodyweight)/2 = (the #of oz. per day)**. Electrolytes should be consumed during workout to help prevent fatigue. The more extreme your training conditions, the more water/electrolytes that will be needed. Stretching is another key to avoiding injury. The typical process you should take with every workout should look something like this:

- **Warm up** (jogging/jumping jacks/ etc.)
- **Stretch** (emphasis on muscles getting used during that day's workout)
- **Workout**
- **Cool down** (NEVER just stop working out, always end with a light jog or a relaxed exercise)



# WORKOUT TERMS

**Aerobic-** Exercise that improves the efficiency of the body's cardiovascular system in absorbing and transporting oxygen.

**Aerobic endurance-** The ability to continue aerobic activity over a period of time.

**Anaerobic endurance-** During a maximum effort workout, the body is working so hard, it exceeds the respiratory and circulatory capacity.

**Brick workout-** Two or more events combined; commonly a bike workout followed by a short run to help the adaptation between the muscle groups.

**Base phase-** Period of training in which building aerobic capacity is the primary focus.

**Build phase-** The Build Phase drops in volume, increases in intensity. The key to this phase is to become more efficient (faster) at a certain distance.

**Cadence-** this measures your turnover rate. In cycling it is how many full rotations each foot makes per minute of pedaling. In running it is how many how many steps one leg makes per minute.

**Economy-** Term used to describe the efficiency of a runner's running motion. The greater one's running economy, the less energy it takes to run a given pace.

**Fartlek-** Swedish word meaning "speed play." It describes any number of variations on a workout where Athletes run continuously while combining varying periods of faster pace with slower pace.

**Force-** The ability to apply muscular strength in order to go faster. Involves repetitions at high intensity against resistance.

**Intervals-** a method of training in which an athlete repetitively alternates a fast paced lap with a slow paced cool down lap.

**Lactate threshold-** a point during exhaustive, all-out exercise at which lactate builds up in the blood stream faster than the body can remove it. Once this point is reached the body generally slows down.

**Muscular endurance-** Muscular endurance is the ability of a muscle or group of muscles to sustain repeated contractions against a resistance for an extended period of time.

**T1-** short for transition 1. It is when you finish the swim and get ready for the bike ride.

**T2-** short for transition 2. It is when you finish the bike ride and get ready for the run.

**Technique-** Involves your form and how clean your movements are in each sport. This is big in swimming where poor technique results in wasted energy and not much forward progress.

**VO2 max-** Measure of the maximum volume of oxygen your heart and lungs are able to supply to the rest of the body.

# WEEK 1

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [Warm up 20min; Time Trial for 40min at a cadence of 80-90rpm in your racing position]	[1hr]	The goal of this workout is to find your "Heart Rate Zones". Record your average heart rate for the last 30min. of the workout.
TUES	SWIM [WARM UP 500METERS; SWIM 5x50M BACKSTROKE; SWIM 250M REGULAR; 5x50M BACKSTROKE; SWIM 250M REGULAR]	[30MIN]	FOCUS ON BREATHING AND ARM FORM.
	RUN [EASY WARM UP; TRACK RUN 30MIN TIME TRIAL MODERATE TO HARD PACE]	[45MIN]	RECORD YOUR AVERAGE HEART RATE FOR THE LAST 20MIN. THIS WILL BE YOUR LACTATE THRESHOLD "LT"
WEDS	BIKE [10min warm up; 10x2min hill climbs, shift to a higher gear than normal stay seated]	[1hr]	cadence is 50-60 rpm Heart Rate max is zone 5.
THURS	RUN [WARM UP 20MIN; FIND A STEEP HILL THAT TAKES 1-2MIN. TO CLIMB, CONTROLLED RUN UP; EASY WALK DOWN]	[1HR]	YOUR GOAL IS 7-10 REPEATS
FRI	RECOVERY DAY stay off legs as much as possible monitor healthy nutrition drink lots of water	[all day]	easy activities like stretching, floating in water, or getting a massage.
SAT	SWIM [WARM UP ALTERNATE 2x (100M SWIM; 100M KICK ONLY); MAIN SET IS 1000M AT A CONSTANT PACE AND GOOD EFFORT]	[1HR]	LOG YOUR TOTAL TIME AND RECORD YOUR AVERAGE PACE PER 100M. THIS WILL BE CALLED YOUR "T-PACE"
	RUN [TRACK RUN: 15MIN EASY JOG; THEN 1 MILE AT JUST BELOW "LT"]	[1HR]	RECORD YOUR HEART RATE FOR THE LAST 3 MILES
SUN	CROSS TRAINING [choose a random sport not related to triathlon]	[1hr 30min]	options include: soccer, basketball, or fitness class.

# WEEK 2

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [easy warm up; 10x60sec super-fast spins above 110rpm; 1min recovery between each; 10x60sec alternate single leg drills; pedal 2min normal to moderate pace]	[30min]	this is a technique drill to improve your cycling skills.
TUES	SWIM [WARM UP EASY 500M; 5x50M RANDOM DRILLS; 300M NORMAL FOCUS ON HAND MOVEMENT; 5x50 RANDOM; 200M MODERATE]	[45min]	IMPROVE YOUR ARM TECHNIQUE, MAINTAIN A MODERATE PACE.
	RUN [TRACK RUN: 20MIN WARM UP; RUN 3 MILES CONTROL YOUR PACE KEEP A LOW HEART RATE; GET OUT OFF THE TRACK AND DO 3 MILES AT THE SAME PACE]	[1hr]	THIS IS A ANAEROBIC WORKOUT. TRY TO GAIN CONTROL YOUR PACE ON THE TRACK AND OFF THE TRACK
WEDS	BIKE [10min warm up; 8x2min hill climbs, shift to a higher gear than usual, 50-60rpm]	[30min]	try to stay seated, max heart rate is zone 5.
	STRENGTH WORKOUT [CORE EXERCISES - see back of training plan]	[20min]	mix up the workout once you get tired, try to stay active the entire duration.
THURS	RUN [10MIN WARM UP; FIND A STEEP HILL AND DO 7x1min CLIMBS IN A SLOW CONTROLLED PACE; EASY WALK DOWN EACH TIME]	[30min]	FOCUS ON STRONG FORCE UP THE HILLS.
FRI	RECOVERY DAY stay off legs as much as possible monitor healthy nutrition drink lots of water	[all day]	easy activities like stretching, floating in water, or getting a massage.
SAT	SWIM [500M WARM UP; 2x600M WITH 1.5MIN RESTS]	[45min]	YOU SHOULD BE BREATHING DEEP, BUT NOT GASPING. SWIM AT APPROXIMATELY T-PACE. INCLUDE 200M COOLDOWN.
	RUN [TRACK RUN: 20MIN WARM UP; RUN 3 MILES CONTROL YOUR PACE KEEP A LOW HEART RATE; GET OUT OFF THE TRACK AND DO 3 MILES AT THE SAME PACE]	[1hr]	THIS IS A ANAEROBIC WORKOUT. TRY TO GAIN CONTROL YOUR PACE ON THE TRACK AND OFF THE TRACK
SUN	CROSS TRAINING [choose a random sport not related to triathlon]	[1hr 30min]	options include: soccer, basketball, or fitness class.



# WEEK 3

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [warm up 15min; 8x20sec sprints with 3min recovery after each]	[2hrs]	Heart rate is not important, but try to exceed 100rpm with each sprint.
TUES	SWIM [500M WARM UP; 300M FOCUS ON BODY ROTATION; 5x50M FREESTYLE; 200M FOCUS ON SHOULDER ROTATION]	[1HR]	IMPROVE SHOULDER ROTATION SO THAT YOUR BODY FLOWS THROUGH THE WATER WITH THIS DRILL.
	RUN [20MIN WARM UP; FIND A SMALL HILL THAT TAKES 3-4MIN. TO CLIMB 4-6 REPEATS]	[45MIN]	RUN WITH A RELAXED STRIDE UP THE HILL, FOCUSING ON FORCE APPLICATION, ARM SWING, AND CONTROLLED BREATHING. TRY NOT TO EXCEED LACTATE THRESHOLD.
WEDS	BIKE [warm up 10min; 7x3min rolling hills]	[30min]	keep cadence at 80-90rpm, focus on not exceeded lactate threshold on hills.
	STRENGTH WORKOUT [CORE EXERCISES - see back of training plan]	[20min]	mix up the workout once you get tired, try to stay active the entire duration.
THURS	RUN [HILL RUN FOR 45-90 SECONDS. THE RECOVER IS THE WALK BACK DOWN, GOAL IS 8-10 REPEATS]	[30MIN]	RUN UP THE HILL IN A CONTROLLED PACE. HEART RATE IS NOT IMPORTANT. THIS IS A FOCUS ON STRENGTH AND POWER.
FRI	RECOVERY DAY stay off legs as much as possible monitor healthy nutrition drink lots of water	[all day]	easy activities like stretching, floating in water, or getting a massage.
SAT	SWIM [500M WARM UP; 2x700M WITH 1.5MIN RESTS]	[45MIN]	YOU SHOULD BE BREATHING DEEP, BUT NOT GASPING. SWIM AT APPROXIMATELY T-PACE. INCLUDE 200M COOLDOWN.
	RUN [ROLLING HILLS 6-8MILES]	[1HR]	PRIMARY GOAL IS TO TRY TO KEEP HEART RATE WITHIN 3-5 BEATS OF AEROBIC THRESHOLD
SUN	BIKE [Group ride, Goal is 1.5 hours mostly at aerobic threshold]	[1.5hrs]	This is a recovery spin, stay at a conversational pace.

# WEEK 4

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [easy warm up; 10x60sec super-fast spins above 110rpm; 1min recovery between each; 10x60sec alternate single leg drills; pedal 2min normal to moderate pace]	[45min]	this is a technique drill to improve your cycling skills.
TUES	SWIM [WARM UP EASY 500M; 5x50M RANDOM DRILLS; 300M NORMAL FOCUS ON HAND MOVEMENT; 5x50 RANDOM; 200M MODERATE]	[45min]	IMPROVE YOUR ARM TECHNIQUE, MAINTAIN A MODERATE PACE.
	RUN [FIND A TREADMILL: 10MIN WARM UP; 8x30SEC MAX PACE EFFORTS]	[30min]	FULL 2-3 MINUTE RECOVERY AFTER EACH SPRINT. COOL-DOWN AEROBIC ZONE WITH ANY REMAINING TIME.
WEDS	BIKE [warm up 10min; 12x2min climbs rolling hills]	[30min]	keep cadence at 50-60rpm, focus on not exceeded lactate threshold on hills.
	STRENGTH WORKOUT [SWIM EXERCISES - see back of training plan]	[20min]	mix up the workout once you get tired, try to stay active the entire duration.
THURS	RUN [FIND STEEP HILL: RUN UP 45SEC, THEN RECOVERY WALK BACK DOWN, GOAL IS 8-10REPS]	[20min]	RUN UP IN A CONTROLLED PACE HEART RATE IS NOT IMPORTANT. THIS IS A FOCUS ON STRENGTH AND POWER.
FRI	RECOVERY DAY stay off legs as much as possible monitor healthy nutrition drink lots of water	[all day]	easy activities like stretching, floating in water, or getting a massage.
SAT	SWIM [500M WARM UP; 2x800M WITH 1.5MIN RESTS]	[1hr]	YOU SHOULD BE BREATHING DEEP, BUT NOT GASPING. SWIM AT APPROXIMATELY T-PACE. INCLUDE 200M COOLDOWN.
	RUN [TRACK RUN: 20MIN WARM UP; RUN 3 MILES CONTROL YOUR PACE KEEP A LOW HEART RATE; GET OUT OFF THE TRACK AND DO 3 MILES AT THE SAME PACE]	[1hr]	THIS IS A ANAEROBIC WORKOUT. TRY TO GAIN CONTROL YOUR PACE ON THE TRACK AND OFF THE TRACK
SUN	BIKE [Group ride, Goal is 1.5 hours mostly at aerobic threshold]	[1.5hrs]	This is a recovery spin, stay at a conversational pace.

# WEEK 5

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [20min. warm up; 6x30sec sprints, with 5min recovery after each, try to exceed 100rpm each sprint]	[45min]	This workout is called Form Sprints. Emphasize FORM, not power. Heart rate is not important.
TUES	SWIM [WARM UP EASY 500M; 10x25M RANDOM DRILLS; 300M STEADY PACE FOCUS ON SHOULDER ROTATION; 5x50 RANDOM; 200M MODERATE; COOL DOWN 500M]	[45min]	YOUTUBE VIDEOS OF GOOD TECHNIQUE PRACTICE SHOULDER MOVEMENTS YOU SEE IN THE VIDEOS.
	RUN [WARM UP 10MIN; FIND A SHALLOW HILL: 6x4MIN CLIMBS; EASY JOG BACK DOWN]	[45min]	RUN WITH A RELAXED STRIDE UP THE HILL
WEDS	BIKE [10min warm up; 7x4min hill climbs, shift to a higher gear than usual, 80-90rpm]	[45min]	Rolling hills will work for this workout.
	STRENGTH WORKOUT [BIKE EXERCISES - see back of training plan]	[20min]	mix up the workout once you get tired, try to stay active the entire duration.
THURS	RUN [FIND STEEP HILL: RUN UP 45SEC, THEN RECOVERY WALK BACK DOWN, GOAL IS 8-10REPS]	[20min]	RUN UP IN A CONTROLLED PACE HEART RATE IS NOT IMPORTANT. THIS IS A FOCUS ON STRENGTH AND POWER.
FRI	RECOVERY DAY stay off legs as much as possible monitor healthy nutrition drink lots of water	[all day]	easy activities like stretching, floating in water, or getting a massage.
SAT	SWIM [500M WARM UP; 2x900M WITH 1.5MIN RESTS]	[1HR]	YOU SHOULD BE BREATHING DEEP, BUT NOT GASPING. SWIM AT APPROXIMATELY T-PACE. INCLUDE 200M COOLDOWN.
	RUN [ROLLING COURSE, MODERATE PACE, 8-10MILES]	[1HR 25MIN]	YOU ARE NOW BASE PHASE BUILDING, THIS IMPROVES ENDURANCE.
SUN	BIKE [Group ride, Goal is 1.5 hours mostly at aerobic threshold]	[1.5hrs]	This is a recovery spin, stay at a conversational pace.

# WEEK 6

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [20min warm up; 40min Time Trial at 80-90rpm in race position, you must maintain a constant pace]	[1hr]	This workout is called Form Sprints. Emphasize FORM, not power. Heart rate is not important.
TUES	SWIM [VERY EASY 1500M, RELAXED PACE]	[45MIN]	THIS IS A RECOVERY SWIM DON'T STRESS.
	RUN [TRACK RUN 15MIN JOG; 3MILES AEROBIC TO MODERATE PACE; COOL DOWN 20MIN JOG]	[40MIN]	RECORD YOUR TIME EACH MILE SPLIT, AND FOR THE OVERALL 3MILES
WEDS	BIKE [very easy recovery ride entire duration]	[60min]	Small chain ring only.
	STRENGTH WORKOUT [RUN EXERCISES - see back of training plan]	[20min]	mix up the workout once you get tired, try to stay active the entire duration.
THURS	RUN [ENTIRE DURATION VERY EASY PACE ZONE 1-3]	[40MIN]	EASY RECOVERY RUN, EMBARRASSINGLY SLOW.
FRI	RECOVERY DAY stay off legs as much as possible monitor healthy nutrition drink lots of water	[all day]	easy activities like stretching, floating in water, or getting a massage.
SAT	SWIM [EASY 100M SWIM, 100M KICK, 100M SWIM, 100M KICK; MAIN SET- 1000METERS AT A CONSTANT PACE AND MODERATE EFFORT; COOL DOWN EASY 500M]	[50MIN]	IN THE MAIN SET RECORD YOUR AVERAGE PACE PER 100M. THIS WILL ESTABLISH YOUR T-TIME. TOTAL IS 1900METERS
SUN	CROSS TRAINING [choose a random sport not related to triathlon]	[1.5hrs]	options include: soccer, basketball, or fitness class.

# WEEK 7

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [aerobic warm up 15min; 8x20sec sprints with 5min recovery after each]	[1hr 10min]	emphasize form not power. Try to exceed 100rpm with each sprint
TUES	SWIM [EASY 500M WARM UP; THEN DO THE FOLLOWING 4X: (150M PADDLE; 150M FINS; 150M PULL BUOY; 150M MODERATE FREESTYLE; 50M KICK-BOARD) AFTER 4 ROUNDS DO 200M EASY COOL DOWN]	[1hr]	THIS IS A FORCE BUILDING WORKOUT. PAY ATTENTION TO FORM WHILE APPLYING STRENGTH TO EACH STROKE AND KICK.
	RUN [TRACK RUN: 10MIN WARM UP; SKIP WITH HIGH KNEES 50 YARDS; HEAL TO BUTT KICKS FOR 50 YARDS; HIGH KNEES FOR 50 YARDS; RUN FOR 50 YARDS; THEN AEROBIC RUN FOR 15MIN]	[45min]	IMPROVE YOUR RUNNING SKILLS WITH THIS WORKOUT. GET IN A SMALL JOG BETWEEN EACH SET TO LOOSEN THE LEGS. PAY ATTENTION TO LEG MOTION.
WEDS	BIKE [10min warm up; 7x4min hill climbs, shift to a higher gear than usual, 80-90rpm]	[45min]	Rolling hills will work for this workout.
	STRENGTH WORKOUT [RUN EXERCISES - see back of training plan]	[20min]	mix up the workout once you get tired, try to stay active the entire duration.
THURS	RUN [WARM UP 10MIN; THEN FIND SHALLOW HILL RELAXED RUN UP 6-4 TIMES, WITH EASY JOGGING BACK DOWN]	[35min]	HILL SHOULD TAKE 3-4MIN. TO CLIMB FOCUS ON FORCE AND CONTROLLED BREATHING TRY NOT TO EXCEED LACTATE THRESHOLD.
FRI	RECOVERY DAY stay off legs as much as possible monitor healthy nutrition drink lots of water	[all day]	easy activities like stretching, floating in water, or getting a massage.
SAT	SWIM [EASY 500M WARM UP; 3x500M AT T-PACE, WITH 1MIN RESTS; 200M EASY COOL DOWN]	[45min]	SLOW ENDURANCE WORKOUT. USE A CONSISTENT STEADY PACE.
	RUN [ROLLING HILLS 9-11 MILES]	[1hr 30min]	BASE BUILDING WORKOUT, THE PACE IS AROUND AEROBIC THRESHOLD.
SUN	BIKE [Group ride, Goal is 3 hours mostly at aerobic threshold]	[3hrs]	This is a recovery spin, stay at a conversational pace.

# WEEK 8

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [easy warm up; 10x60sec super-fast spins above 110rpm; 1min recovery between each; 10x60sec alternate single leg drills; pedal 2min normal to moderate pace]	[45min]	this is a technique drill to improve your cycling skills.
TUES	SWIM [EASY 200M WARM UP; THEN DO THE FOLLOWING 5X(25M BREASTSTROKE EASY; 25M FREESTYLE FAST; 25M BACKSTROKE EASY; 25M FREESTYLE FAST) THEN DO THIS 5X(1 LAP EASY; 1 LAP FAST; 2 LAPS EASY; 3 FAST)]	[30min]	FORCE BUILDING WORKOUT.
	RUN [TREADMILL RUN: 10MIN EASY; 8X30SEC EFFORTS AT MAX SUSTAINABLE PACE, 3MIN RECOVERY AFTER EACH]	[25min]	IMPROVE YOUR RUNNING SKILLS. BE SURE TO DO AN AEROBIC COOL DOWN AFTER.
WEDS	BIKE [10min warm up; 12x2min hill climbs, shift to a higher gear than usual, 50-60rpm]	[45min]	Rolling hills will work for this workout. Max is zone 5.
	STRENGTH WORKOUT [CORE EXERCISES - see back of training plan]	[20min]	mix up the workout once you get tired, try to stay active the entire duration.
THURS	RUN [10MIN WARM UP; FIND STEEP HILL: 2MIN UPHILL CLIMB, THEN RECOVERY WALK BACK DOWN, GOAL IS 8-10REPS]	[30min]	RUN UP IN A CONTROLLED PACE HEART RATE IS NOT IMPORTANT. THIS IS A FOCUS ON STRENGTH AND POWER.
FRI	RECOVERY DAY stay off legs as much as possible monitor healthy nutrition drink lots of water	[all day]	easy activities like stretching, floating in water, or getting a massage.
SAT	SWIM [EASY 500M WARM UP; 4x400M AT T-PACE, WITH 1MIN RESTS; 200M EASY COOL DOWN]	[45min]	SLOW ENDURANCE WORKOUT. USE A CONSISTENT STEADY PACE 80-90% EFFORT.
	RUN [TRACK RUN: 20MIN WARM UP; RUN 3 MILES CONTROL YOUR PACE KEEP A LOW HEART RATE; GET OUT OFF THE TRACK AND DO 6 MILES AT THE SAME PACE; 20MIN JOG COOL DOWN]	[1hr]	THIS IS A ANAEROBIC WORKOUT. TRY TO GAIN CONTROL YOUR PACE ON THE TRACK AND OFF THE TRACK
SUN	BIKE [Group ride, Goal is 2 hours mostly at aerobic threshold]	[2hrs]	This is a recovery spin, stay at a conversational pace.

# WEEK 9

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [aerobic warm up 15min; 8x30sec sprints with 5min recovery after each]	[1hr 10min]	emphasize form not power. Try to exceed 100rpm with each sprint
TUES	SWIM [EASY 200M WARM UP; THEN DO THE FOLLOWING 5X(25M BREASTSTROKE EASY; 25M FREESTYLE FAST; 25M BACKSTROKE EASY; 25M FREESTYLE FAST) THEN DO THIS 5X(1 LAP EASY; 1 LAP FAST; 2 LAPS EASY; 3 FAST)]	[30min]	FORCE BUILDING WORKOUT.
	RUN [TRACK RUN: 10MIN WARM UP; SKIP WITH HIGH KNEES 50 YARDS; HEAL TO BUTT KICKS FOR 50 YARDS; HIGH KNEES FOR 50 YARDS; RUN FOR 50 YARDS; THEN AEROBIC RUN FOR 15MIN]	[45min]	IMPROVE YOUR RUNNING SKILLS WITH THIS WORKOUT. GET IN A SMALL JOG BETWEEN EACH SET TO LOOSEN THE LEGS. PAY ATTENTION TO LEG MOTION.
WEDS	BIKE [10min warm up; 5x4min hill climbs, shift to a higher gear than usual, 80-90rpm]	[45min]	Rolling hills will work for this workout.
	STRENGTH WORKOUT [SWIM EXERCISES - see back of training plan]	[20min]	mix up the workout once you get tired, try to stay active the entire duration.
THURS	RUN [10MIN WARM UP; FIND STEEP HILL: 2MIN UPHILL CLIMB, THEN RECOVERY WALK BACK DOWN, GOAL IS 8-10REPS]	[30min]	RUN UP IN A CONTROLLED PACE HEART RATE IS NOT IMPORTANT. THIS IS A FOCUS ON STRENGTH AND POWER.
FRI	RECOVERY DAY stay off legs as much as possible monitor healthy nutrition drink lots of water	[all day]	easy activities like stretching, floating in water, or getting a massage.
SAT	SWIM [EASY 500M WARM UP; 5X300M AT T-PACE, WITH 1MIN RESTS; 200M EASY COOL DOWN]	[45min]	SLOW ENDURANCE WORKOUT. USE A CONSISTENT STEADY PACE 80-90% EFFORT.
	RUN [TRACK RUN: 20MIN WARM UP; RUN 3 MILES CONTROL YOUR PACE KEEP A LOW HEART RATE; GET OUT OFF THE TRACK AND DO 7 MILES AT THE SAME PACE; 20MIN JOG COOL DOWN]	[1hr]	THIS IS A ANAEROBIC WORKOUT. TRY TO GAIN CONTROL YOUR PACE ON THE TRACK AND OFF THE TRACK
SUN	BIKE [Group ride, Goal is 2.5 hours mostly at aerobic threshold]	[2.5hrs]	This is a recovery spin, stay at a conversational pace.

# WEEK 10

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [20min warm up; 40min Time Trial at 80-90rpm in race position, you must maintain a constant pace]	[1hr]	This is a Tempo Time Trial Record your average heart rate for the final 30 minutes of this ride.
TUES	SWIM [1500METERS VERY EASY PACE]	[35MIN]	RECOVERY SWIM, USE A RELAXED & CONSISTENT EFFORT
	RUN [TRACK RUN: JOG 15MIN EASY; RUN 4 MILES PACE IS JUST BELOW LACTATE THRESHOLD; COOL DOWN 20MIN JOG]	[40MIN]	AFTER EVERY 1 MILE RECORD YOUR AVERAGE HEART RATE.
WEDS	BIKE [very easy recovery bike ride entire duration]	[45min]	Small chain ring only.
	STRENGTH WORKOUT [CORE EXERCISES - see back of training plan]	[20min]	mix up the workout once you get tired, try to stay active the entire duration.
THURS	RUN [VERY EASY PACE FOR ENTIRE DURATION]	[40MIN]	EASY RECOVERY RUN. EMBARRASSINGLY SLOW PACE.
FRI	RECOVERY DAY stay off legs as much as possible monitor healthy nutrition drink lots of water	[all day]	easy activities like stretching, floating in water, or getting a massage.
SAT	SWIM [EASY 100M SWIM, 100M KICK, 100M SWIM, 100M KICK; NOW SWIM 1000M AT A CONSTANT PACE, EFFORT AS IF RACING; COOL DOWN EASY 500M]	[45MIN]	DURING THE MAIN SET (1000METERS) RECORD YOUR AVERAGE PACE PER 100METERS, THIS PACE WILL BE CALLED YOUR T-PACE.
	RUN [GOOD WARM UP; THEN RUN 30MIN TIME TRIAL ON FLAT COURSE]	[40MIN]	RECORD YOUR AVERAGE HEART RATE FOR LAST 20MIN OF THE TIME TRIAL, THIS WILL BE THE LACTATE THRESHOLD.
SUN	BIKE [hilly ride: bike 90min in aerobic heart rate pace] -BRICK- RUN [10min. easy relaxed pace]	[1hr 20min]	Be sure to RE-FUEL during ride then Immediately off the bike and onto the run. Repeat this entire workout 1x if possible.



# WEEK 11

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [aerobic warm up 15min; 8x20sec sprints with 5min recovery after each]	[1hr 10min]	emphasize form not power. Try to exceed 100rpm with each sprint
TUES	SWIM [EASY 500M WARM UP; THEN DO THE FOLLOWING 4X: (150M PADDLE; 150M FINS; 150M PULL BUOY; 150M MODERATE FREESTYLE; 50M KICK-BOARD) AFTER 4 ROUNDS DO 200M EASY COOL DOWN]	[1hr]	THIS IS A FORCE BUILDING WORKOUT. PAY ATTENTION TO FORM WHILE APPLYING STRENGTH TO EACH STROKE AND KICK.
	RUN [WARM UP RUN 4MIN; THEN COMPLETE 1 MIN AT MAX PACES]	[45min]	IMPROVE YOUR RUNNING SKILLS WITH THIS WORKOUT. GET IN A SMALL JOG BETWEEN EACH SET TO LOOSEN THE LEGS. PAY ATTENTION TO LEG MOTION.
WEDS	BIKE [10min easy; 7x4min hill climbs]	[30min]	Stay in the big gear. Rolling hills, try to keep cadence at 80-90rpm.
	STRENGTH WORKOUT [CORE EXERCISES - see back of training plan]	[20min]	mix up the workout once you get tired, try to stay active the entire duration.
THURS	RUN [EASY WARM UP; 4X 1-MILE REPEATS, CONSISTENT PACE AT LACTATE THRESHOLD]	[30min]	REST 1:1 FOR EXAMPLE IF YOU RUN A 7MIN MILE THEN TAKE THAT LONG OF A REST
FRI	RECOVERY DAY stay off legs as much as possible monitor healthy nutrition drink lots of water	[all day]	easy activities like stretching, floating in water, or getting a massage.
SAT	SWIM [EASY 500M; 3X600 ALTERNATE 100M FISTS/100SWIM; 400M PULL; 200M PULL; 500M COOL DOWN]	[1.5hrs]	REST 1 MINUTE BETWEEN EVERY WORKOUT.
	RUN [RUN 4X(5K's); RUN THE FIRST 5K AS A WARM UP; SECOND 5K AT LACTATE THRESHOLD; THIRD AT AEROBIC; FINAL 5K AT MAX PACE]	[1hr. 30min]	MONITOR THE PACE ON EACH SET.
SUN	BIKE [Group ride, Goal is 3 hours mostly at aerobic threshold]	[3hrs]	This is a recovery spin, stay at a conversational pace.

# WEEK 12

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	RECOVERY DAY stay off legs as much as possible monitor healthy nutrition drink lots of water	[all day]	easy activities like stretching, floating in water, or getting a massage.
TUES	SWIM [100M EASY; 50M KICK; 100M MODERATE; 50M KICK; 100M BUILD SPEED; 50M KICK BUILD SPEED; MAIN SET(4x300M MODERATE; REST 2MIN; KICK 300M STEADY; 6x50M RELAXED SPEED); COOL DOWN 200M]  RUN [EASY WARM UP; 3x 60SEC ACCELERATIONS TO RACE PACE; JOG REMAINING TIME]	[1 HR 30MIN]  [30MIN]	FOR THE MAIN SET DECREASE TIMES WITH EACH INTERVAL. ALL AEROBIC EASY BREATHING. TOTAL: 2550 METERS  FOCUS ON HIGH TURNOVER AND RELAXED FORM.
WEDS	BIKE [ride zone 1-2 entire duration]	[45-75min]	flat course, low effort, and comfortably high rpm.
THURS	RUN [JOG 30MIN; 5x90SEC ACCELERATIONS TO RACE PACE INTENSITY]	[1 HR]	FOCUS ON HIGH TURNOVER AND RELAXED FORM.
FRI	RECOVERY DAY stay off legs as much as possible monitor healthy nutrition drink lots of water	[all day]	easy activities like stretching, floating in water, or getting a massage.
SAT	RUN [REHEARSE YOUR WARM UP FOR RACE, RUN 15-20MIN. WITH 5x60SEC ACCELERATIONS]	[20MIN]	PERFORM THIS WORKOUT AS EARLY IN THE MORNING AS POSSIBLE AND AVOID STATIC STRETCHING.
SUN	Race! [Half Marathon or race simulation]	[2hrs]	Focus on staying at or slightly below lactate threshold for the first half, then run as hard as possible the second half.

# WEEK 13

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	RECOVERY DAY stay off legs as much as possible monitor healthy nutrition drink lots of water	[all day]	easy activities like stretching, floating in water, or getting a massage.
TUES	SWIM [WARM UP FOR 200-500METERS; THEN COMPLETE THE FOLLOWING 4X: 150M PADDLE; 150M FIN KICK; 150 PULL-BOUY; 150M FREESTYLE; 50M KICKBOARD]	[1 HR 30MIN]	THIS IS A FORCE PLAY WORKOUT. AFTER 4 SETS DO 200 METERS EASY COOL DOWN.
	RUN [EASY RECOVERY ENTIRE DURATION]	[45MIN]	RELAX AND CONTROL YOUR PACE TO RECOVER FROM HALF MARATHON.
WEDS	BIKE [very easy recovery ride entire duration]	[45min]	Small chainring only. Focus on fluid motion.
	STRENGTH WORKOUT [CORE EXERCISES - see back of training plan]	[20min]	mix up the workout once you get tired, try to stay active the entire duration.
THURS	RUN [EASY RECOVERY RUN ENTIRE DURATION]	[30MIN]	VERY EASY EMBARRASSINGLY SLOW. ZONES 1-3.
FRI	RECOVERY DAY stay off legs as much as possible monitor healthy nutrition drink lots of water	[all day]	easy activities like stretching, floating in water, or getting a massage.
SAT	SWIM [WARM UP: 100M SWIM, 100M KICK, 100M SWIM, 100M KICK; MAIN SET: SWIM 1000METERS AT A CONSTANT PACE AS IF RACING]	[45MIN]	THIS WILL ESTABLISH YOUR T-TIME. DURING THE MAIN SET RECORD YOUR AVERAGE PACE.
	RUN [ROLLING HILLS, MODERATE PACE GOAL IS 12-14MILES]	[1 HR]	PRIMARY GOAL IS TO TRY TO KEEP HEART RATE WITHIN 3-5 BEATS OF AEROBIC THRESHOLD
SUN	BIKE [Recovery spin, group ride entire duration at aerobic threshold]	[2-3hrs]	conversational pace.

# WEEK 14

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [easy warm up; 10x60sec super-fast spins above 110rpm, recover 1min between each; 10x60sec single leg isolations, pedal normal for 1min after each]	[50min]	Remain in the seat and no bouncing.
TUES	SWIM [WARM UP FOR 250M; THEN COMPLETE THE FOLLOWING: 25M BREASTSTROKE EASY, 25M FREESTYLE FAST, 25M BACKSTROKE EASY, 25M FREESTYLE FAST; REST 1MIN; 1 POOL LENGTH EASY, 1 POOL LENGTH HARD, 2EASY/ 2 HARD, 3 EASY/ 3HARD, 4 EASY/ 4HARD]	[45min]	REPEAT THE ENTIRE SET 1 TIME AND BE SURE TO REST 30SEC. BETWEEN SETS.
	RUN[WARM UP 10MIN; RUN 100 STEPS PER LEG AT LACTATE THRESHOLD; RECOVER WITH 50 STEPS PER LEG AT ZONE 1-2; REPEAT FOR 200STEPS/100RECOVERY;300STEPS/150RECOVERY; 400STEPS/200RECOVERY]	[25min]	CONTINUE PATTERN FOR 20MIN THEN DO 10MIN EASY COOL DOWN.
WEDS	BIKE [warmup 10min; hill ride 12x2min climbs, 50-60rpm]	[45min]	shift to a higher gear than usual. Heart rate max zone 5
	STRENGTH WORKOUT [SWIM EXERCISES - see back of training plan]	[20min]	mix up the workout once you get tired, try to stay active the entire duration.
THURS	RUN [10MIN WARM UP; RUN 7x2MIN HILL REPEATS]	[40min]	ZONES 1-3 SLOW CONTROLLED PACE. EASY JOG DOWN THE HILLS.
FRI	RECOVERY DAY stay off legs as much as possible monitor healthy nutrition drink lots of water	[all day]	easy activities like stretching, floating in water, or getting a massage.
SAT	SWIM [500M WARM UP; 4x400M AT T-PACE WITH 1MIN RESTS; 200M COOL DOWN]	[45min]	ENDURANCE SET.
	RUN [WARM UP 20MIN; RUN 3MILES WITH LOW HEART RATE FOCUS ON RELAXING FORM; THEN RUN 8MILES ON NORMAL COURSE]	[30min.]	FOCUS ON SWIFT STRIDES CONTROL THE PACE ON AND OFF THE TRACK.
SUN	BIKE [Recovery spin, group ride entire duration at aerobic threshold]	[2-3hrs]	conversational pace.

# WEEK 15

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	RUN[warm up 10min; run 100 steps per leg at lactate threshold; recover with 50 steps per leg at zone 1-2; repeat for 200steps/100recovery;300steps/150recovery; 400steps/200recovery]	[30min]	continue the main set for 20min total. Then do 10min easy cool down
TUES	SWIM [WARM UP 200M; THEN DO THE FOLLOWING 4x(150M PADDLE; 150M FIN KICK; 150M PULL BUOY; 150M FREESTYLE; 50M KICKBOARD EASY)]	[45MIN]	THIS IS A FORCE PLAY SET. BE SURE TO COOL DOWN 200M EASY.
	BIKE [20MIN AEROBIC WARM UP; 8x30SEC SPRINTS WITH 5MIN RECOVERIES]	[25MIN]	EMPHASIZE FORM NOT POWER. HEART RATE IS NOT IMPORTANT BUT TRY TO EXCEED 100RPM EACH SPRINT
WEDS	BIKE [warm up 10min; ride 5x3min hill climbs, cadence at 90rpm]	[30min]	focus on not exceeding lactate threshold on hills.
	STRENGTH WORKOUT [BIKE EXERCISES - see back of training plan]	[20min]	mix up the workout once you get tired, try to stay active the entire duration.
THURS	RUN [WARM UP 10MIN; FIND A SHALLOW HILL AND RUN 4x6MIN CLIMBS]	[40MIN]	FOCUSING ON FORCE APPLICATION, ARM SWING, AND CONTROLLED BREATHING. TRY NOT TO EXCEED LACTATE THRESHOLD. EASY JOG BACK DOWN THE HILLS.
FRI	RECOVERY DAY stay off legs as much as possible monitor healthy nutrition drink lots of water	[all day]	easy activities like stretching, floating in water, or getting a massage.
SAT	BIKE [80-100MILE RIDE, STAY AT AEROBIC THRESHOLD, REFUEL DURING RIDE]	[4HRS]	60MIN AEROBIC RUN IMMEDIATELY OFF THE BIKE
SUN	SWIM [500m warm up; swim 5x300m with 1min rests at T-pace; 200m cool down]	[1hrs]	slow endurance sets.

# WEEK 16

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [20min warm up; 40min Time Trial at 80-90rpm in race position, you must maintain a constant pace]	[1hr]	This is a Tempo Time Trial Record your average heart rate for the final 30 minutes of this ride.
TUES	SWIM [1500METERS VERY EASY PACE]	[35MIN]	RECOVERY SWIM, USE A RELAXED & CONSISTENT EFFORT
	RUN [TRACK RUN: JOG 15MIN EASY; RUN 4 MILES PACE IS JUST BELOW LACTATE THRESHOLD; COOL DOWN 20MIN JOG]	[40MIN]	AFTER EVERY 1 MILE RECORD YOUR AVERAGE HEART RATE.
WEDS	BIKE [very easy recovery bike ride entire duration]	[45min]	Small chain ring only.
	STRENGTH WORKOUT [RUN EXERCISES - see back of training plan]	[20min]	mix up the workout once you get tired, try to stay active the entire duration.
THURS	RUN [VERY EASY PACE FOR ENTIRE DURATION]	[40MIN]	EASY RECOVERY RUN. EMBARRASSINGLY SLOW PACE.
FRI	RECOVERY DAY stay off legs as much as possible monitor healthy nutrition drink lots of water	[all day]	easy activities like stretching, floating in water, or getting a massage.
SAT	SWIM [EASY 100M SWIM, 100M KICK, 100M SWIM, 100M KICK; NOW SWIM 1000M AT A CONSTANT PACE, EFFORT AS IF RACING; COOL DOWN EASY 500M]	[45MIN]	DURING THE MAIN SET (1000METERS) RECORD YOUR AVERAGE PACE PER 100METERS, THIS PACE WILL BE CALLED YOUR T-PACE.
	RUN [GOOD WARM UP; THEN RUN 30MIN TIME TRIAL ON FLAT COURSE]	[40MIN]	RECORD YOUR AVERAGE HEART RATE FOR LAST 20MIN OF THE TIME TRIAL, THIS WILL BE THE LACTATE THRESHOLD.
SUN	BIKE [hilly ride: bike 90min in aerobic heart rate pace] -BRICK- RUN [10min. easy relaxed pace]	[1hr 20min]	Be sure to RE-FUEL during ride then Immediately off the bike and onto the run. Repeat this entire workout 1x if possible.

# WEEK 17

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [20min warm up; ride 5x1min zone-4 efforts; 5min zone-2; 60sec effort at max pace; recover 4min; then repeat everything 6x]	[1hr]	These are power sets. Make sure you take 1min rests between sets.
TUES	SWIM [500M EASY; SWIM 20X25M AS FOLLOWS: MINIMAL BREATHING FOR 25M, RECOVER 10SEC, REPEAT]	[45MIN]	SEE WHAT CHANGES THAT YOU MAKE ACTUALLY CONSERVE ENERGY. FINISH WITH 2 * 500M AT T-PACE.
	RUN [WARM UP EASY 10MIN; TRACK RUN 6X2MIN EFFORTS 100% INTENSITY, 4MIN RECOVERY AFTER EACH]	[25MIN]	ZONE 6 SPEED SETS.
WEDS	BIKE [20min zone-2; ride 45min on course with twists and turns, cadence at 95-100rpm]	[1hr]	Fast feet, smooth cadence, and keep the aero position. Keep pedaling while you refuel. 10min Zone 2 cool-down.
	STRENGTH WORKOUT [CORE EXERCISES - see back of training plan]	[20min]	mix up the workout once you get tired, try to stay active the entire duration.
THURS	RUN [EASY WARM UP; 4X10MIN HILLS AT LACTATE THRESHOLD, JOG BETWEEN EACH HILL]	[45MIN]	HILL BUILD PHASE. GOOD COOL DOWN AFTER.
FRI	RECOVERY DAY stay off legs as much as possible monitor healthy nutrition drink lots of water	[all day]	easy activities like stretching, floating in water, or getting a massage.
SAT	SWIM [500M WARM UP; THEN SWIM 2000M STEADY PACE]	[1HR 30MIN]	ENDURANCE BUILDER. STAY AS CLOSE AS POSSIBLE TO T-PACE.
	RUN [ROLLING COURSE, 13MILES]	[1HR 30MIN]	HEART RATE CLOSE TO AEROBIC THRESHOLD.
SUN	BIKE [group ride entire duration, conversational pace]	[3hrs]	primarily at aerobic threshold If heart rate, try not to stray farther than 5 beats, and for power, not more than 15 watts.

# WEEK 18

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [warm up 20min; ride 5min zone-2; then for 10min alternate 1min zone-2 and 1min zone-4; next alternate 20sec hard and 10sec easy]	[35min]	After workout do 10min easy recovery.
TUES	SWIM [500M EASY; SWIM 15X50M REPEAT AS FOLLOWS: 2 MINIMAL BREATHING LAPS, 1 REGULAR; 2X500M AT T-PACE]	[30MIN]	SWIM SMOOTH RECOVER 10SEC BETWEEN SETS.
	RUN [5MIN JOG; IN OPEN FIELD RUN 10X45SEC EFFORTS AT 100% INTENSITY]	[20MIN]	FULL RECOVERY AFTER EACH (2-3MIN)
WEDS	BIKE [20min warm up; 60min on course with twists and turns]	[1hr 20min]	Keep cadence at 95-105rpm zone 2-4 practice nutrition.
	STRENGTH WORKOUT [CORE EXERCISES - see back of training plan]	[25min]	mix up the workout once you get tired, try to stay active the entire duration.
THURS	RUN [EASY WARM UP; 5X8MIN HILL REPEATS AT LACTATE THRESHOLD, 4MIN JOG IN BETWEEN EACH HILL]	[25MIN]	THIS IS A HILL BUILDING WORKOUT BE SURE TO COOL DOWN AFTER.
FRI	RECOVERY DAY stay off legs as much as possible monitor healthy nutrition drink lots of water	[all day]	easy activities like stretching, floating in water, or getting a massage.
SAT	SWIM [500M EASY; SWIM 2250M STEADY AND CLOSE TO T-PACE]	[1HR]	STEADY ENDURANCE SWIM.
	RUN [20MIN WARM UP; ON TRACK RUN 3MILES WITH LOW HR; RUN 11MILES ON ROLLING HILLS]	[1HR 30MIN]	RELAXED ON TRACK TRY TO FIND A CONTROLLED PACE AND THEN USE IT ON LONG RUN.
SUN	BIKE [group ride entire duration, conversational pace]	[3hrs]	primarily at aerobic threshold If heart rate, try not to stray farther than 5 beats, and for power, not more than 15 watts.



# WEEK 19

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [warm up 20min; ride 5min zone-2; then for 10min alternate 1min zone-2 and 1min zone-4; next alternate 20sec hard and 10sec easy]	[35min]	After workout do 10min easy recovery.
TUES	SWIM [400M EASY; SWIM 150M W/ 1 ARM ONLY; 150M W/ BOTH ARMS FAST; REST 20SEC. REPEAT ALL 6X]	[30min]	THIS WILL DEVELOP YOUR SWIM FORCE. COOL DOWN WITH 400M EASY.
	RUN [5MIN JOG; RUN ON TRACK 8 LAPS AT 100% INTENSITY W/ 5MIN RECOVERY AFTER EACH]	[30min]	V02 MAX INTERVAL SETS
WEDS	BIKE [20min warm up; 60min on course with twists and turns]	[1hr]	Keep cadence at 95-105rpm zone 2-4 practice nutrition.
	STRENGTH WORKOUT [CORE EXERCISES - see back of training plan]	[25min]	mix up the workout once you get tired, try to stay active the entire duration.
THURS	RUN [EASY WARM UP; 4X6MIN HILL REPEATS AT LACTATE THRESHOLD, 2MIN JOG IN BETWEEN EACH HILL]	[25min]	THIS IS A HILL BUILDING WORKOUT BE SURE TO COOL DOWN AFTER.
FRI	RECOVERY DAY stay off legs as much as possible monitor healthy nutrition drink lots of water	[all day]	easy activities like stretching, floating in water, or getting a massage.
SAT	SWIM [500M EASY; SWIM 2500M STEADY AND CLOSE TO TPACE]	[1hr]	STEADY ENDURANCE SWIM.
	RUN [ROLLING COURSE 14-16MILES GOAL IS TO STAY JUST BELOW AEROBIC THRESHOLD]	[1hr 30min]	RELAXED CONTROLLED PACE.
SUN	BIKE [group ride entire duration, conversational pace]	[4hrs]	primarily at aerobic threshold If heart rate, try not to stray farther than 5 beats, and for power, not more than 15 watts.

# WEEK 20

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [20min warm up; 40min Time Trial at 80-90rpm in race position, you must maintain a constant pace]	[1hr]	This is a Tempo Time Trial Record your average heart rate for the final 30 minutes of this ride.
TUES	SWIM [1500METERS VERY EASY PACE]	[35MIN]	RECOVERY SWIM, USE A RELAXED & CONSISTENT EFFORT
	RUN [TRACK RUN: JOG 15MIN EASY; RUN 4 MILES PACE IS JUST BELOW LACTATE THRESHOLD; COOL DOWN 20MIN JOG]	[40MIN]	AFTER EVERY 1 MILE RECORD YOUR AVERAGE HEART RATE.
WEDS	BIKE [very easy recovery bike ride entire duration]	[45min]	Small chain ring only.
	STRENGTH WORKOUT [RUN EXERCISES - see back of training plan]	[20min]	mix up the workout once you get tired, try to stay active the entire duration.
THURS	RUN [VERY EASY PACE FOR ENTIRE DURATION]	[40MIN]	EASY RECOVERY RUN. EMBARRASSINGLY SLOW PACE.
FRI	RECOVERY DAY stay off legs as much as possible monitor healthy nutrition drink lots of water	[all day]	easy activities like stretching, floating in water, or getting a massage.
SAT	BIKE [60-70MILES, AT AEROBIC THRESHOLD]  -BRICK- (IMMEDIATELY ONTO RUN)	[1HR]	HALF IRONMAN BRICK WORKOUT. MAKE SURE TO TAKE IN GOOD NUTRITION ON THE BIKE.
	RUN [AEROBIC RUN ENTIRE DURATION]	[75MIN]	
SUN	SWIM [alternate 2x(100m swim, 100m kick); swim 1000m at a constant pace; easy 500m]	[45min]	During the 1000m record your time for every 100m this will be the T-pace.

# WEEK 21

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [10min easy; sprint standing up for 1 mile; bike moderate effort sitting for 1 mile; recover ride for 1 mile; repeat all 2x]	[1hr]	Find a course exactly 1 mile, this will build speed.
	STRENGTH WORKOUT [CORE EXERCISES - see back of training plan]	[30min]	mix up the workout once you get tired, try to stay active the entire duration.
TUES	SWIM [OPEN WATER SWIM- 5MIN WARM UP; 6X RUNNING BEACH STARTS WITH 10MIN OUT AND 10MIN BACK]	[2HRS]	PROGRESS IN SPEED AS YOU GO OUT AND BACK. WORK ON PACE AND SITING.
	RUN [6X 1 MILE REPEATS, PACE SHOULD BE 10K PACE AROUND ZONE 4]	[45MIN]	REST BETWEEN LAPS 1:1 MEANING A 7MIN LAP GETS A 7MIN REST.
WEDS	BIKE [60min aerobic ride complete- 10x60sec super fast spins, recover 1min between each, also do 10x60sec alternating legs, then 2min regular pedaling]	[1hr]	improve pedal stroke skills by focusing on the full rotation.
THURS	RUN [10X UP HILL REPEATS TAKING 45SEC EACH; JOG RECOVERY DOWNHILL IN BETWEEN SETS]	[25MIN]	UP HILL PACE SHOULD ALL OUT. DOWNHILL SHOULD TAKE 2MIN.
FRI	RECOVERY DAY stay off legs as much as possible monitor healthy nutrition drink lots of water	[all day]	easy activities like stretching, floating in water, or getting a massage.
SAT	SWIM [EASY 500M; SWIM 100METERS AT T-PACE TIMED; RECOVER 15SEC; 75METERS; 5SEC RECOVERY]	[45MIN]	REPEAT TILL YOU CAN NO LONGER FINISH CLOSE TO T-PACE.
	RUN [16MILES AEROBIC THRESHOLD]	[2HRS]	BASE BUILDING WORKOUT.
SUN	SPRINT TRIATHLON RACE! [Go as hard as possible]	[Personal Record]	Goal is to practice a triathlon start to finish

# WEEK 22

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [10min easy; sprint standing up for 1 mile; bike moderate effort sitting for 1 mile; recover ride for 1 mile; repeat all 2x]	[1hr]	Find a course exactly 1 mile, this will build speed.
	STRENGTH WORKOUT [CORE EXERCISES - see back of training plan]	[30min]	mix up the workout once you get tired, try to stay active the entire duration.
TUES	SWIM [OPEN WATER SWIM- 5MIN WARM UP; 6X RUNNING BEACH STARTS WITH 10MIN OUT AND 10MIN BACK]	[2HRS]	PROGRESS IN SPEED AS YOU GO OUT AND BACK. WORK ON PACE AND SITING.
	RUN [6X 1 MILE REPEATS, PACE SHOULD BE 10K PACE AROUND ZONE 4]	[45MIN]	REST BETWEEN LAPS 1:1 MEANING A 7MIN LAP GETS A 7MIN REST.
WEDS	BIKE [60min aerobic ride complete- 10x60sec super fast spins, recover 1min between each, also do 10x60sec alternating legs, then 2min regular pedaling]	[1hr]	improve pedal stroke skills by focusing on the full rotation.
THURS	RUN [EASY JOG; REPEAT 3X (RUN 4x400M FOLLOWED BY 4x200M); REST 5MIN]	[25MIN]	UP HILL PACE SHOULD ALL OUT. DOWNHILL SHOULD TAKE 2MIN.
FRI	RECOVERY DAY stay off legs as much as possible monitor healthy nutrition drink lots of water	[all day]	easy activities like stretching, floating in water, or getting a massage.
SAT	SWIM [EASY 500M; SWIM 100METERS AT T-PACE TIMED; RECOVER 15SEC; 75METERS; 5SEC RECOVERY]	[45MIN]	REPEAT TILL YOU CAN NO LONGER FINISH CLOSE TO T-PACE.
	RUN [18 MILES AEROBIC THRESHOLD]	[2HRS]	BASE BUILDING WORKOUT.
SUN	SPRINT TRIATHLON RACE! [Go as hard as possible]	[Personal Record]	Goal is to practice a triathlon start to finish

# WEEK 23

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	RECOVERY DAY stay off legs as much as possible monitor healthy nutrition drink lots of water	[all day]	easy activities like stretching, floating in water, or getting a massage.
TUES	SWIM [OPEN WATER SWIM- 5MIN WARM UP; 6X RUNNING BEACH STARTS WITH 10MIN OUT AND 10MIN BACK]	[2HRS]	PROGRESS IN SPEED AS YOU GO OUT AND BACK. WORK ON PACE AND SITING.
	RUN [6X 1 MILE REPEATS, PACE SHOULD BE 10K PACE AROUND ZONE 4]	[45MIN]	REST BETWEEN LAPS 1:1 MEANING A 7MIN LAP GETS A 7MIN REST.
WEDS	BIKE [60min aerobic ride complete- 10x60sec super fast spins, recover 1min between each, also do 10x60sec alternating legs, then 2min regular pedaling]	[1hr]	improve pedal stroke skills by focusing on the full rotation.
THURS	RUN [10X UP HILL REPEATS TAKING 45SEC EACH; JOG RECOVERY DOWNHILL IN BETWEEN SETS]	[25MIN]	UP HILL PACE SHOULD ALL OUT. DOWNHILL SHOULD TAKE 2MIN.
FRI	RECOVERY DAY stay off legs as much as possible monitor healthy nutrition drink lots of water	[all day]	easy activities like stretching, floating in water, or getting a massage.
SAT	SWIM [OPEN WATER, CONSTANT STEADY PACE FOR ENTIRE DURATION]	[70MIN]	FOCUS ON FORM AND SIGHTING.
	RUN [15 MILES AT AEROBIC THRESHOLD]	[2HRS]	ROLLING COURSE WITH CONTROLLED PACE THE ENTIRE TIME.
SUN	BIKE [90mile bike ride at aerobic threshold, refueling is crucial]	[1hr 30min]	Do this workout later in the day if possible.
	RUN [20min lactate threshold after bike ride]	[20min]	

# WEEK 24

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [10min easy; sprint standing up for 1 mile; bike moderate effort sitting for 1 mile; recover ride for 1 mile; repeat all 2x]  STRENGTH WORKOUT [CORE EXERCISES - see back of training plan]	[1hr]  [30min]	Find a course exactly 1 mile, this will build speed.  mix up the workout once you get tired, try to stay active the entire duration.
TUES	SWIM [OPEN WATER SWIM- 5MIN WARM UP; 6X RUNNING BEACH STARTS WITH 10MIN OUT AND 10MIN BACK]  RUN [6X 1 MILE REPEATS, PACE SHOULD BE 10K PACE AROUND ZONE 4]	[2HRS]  [45MIN]	PROGRESS IN SPEED AS YOU GO OUT AND BACK. WORK ON PACE AND SITING.  REST BETWEEN LAPS 1:1 MEANING A 7MIN LAP GETS A 7MIN REST.
WEDS	BIKE [60min aerobic ride complete- 10x60sec super fast spins, recover 1min between each, also do 10x60sec alternating legs, then 2min regular pedaling]	[1hr]	improve pedal stroke skills by focusing on the full rotation.
THURS	RUN [EASY JOG; REPEAT 3X (RUN 4x400M FOLLOWED BY 4x200M); REST 5MIN]	[25MIN]	THIS WORKOUT CAN BE MENTALLY DEMANDING. USE A TRACK IF POSSIBLE.
FRI	RECOVERY DAY stay off legs as much as possible monitor healthy nutrition drink lots of water	[all day]	easy activities like stretching, floating in water, or getting a massage.
SAT	SWIM [EASY 500M; SWIM 100METERS AT T-PACE TIMED; RECOVER 15SEC; 75METERS; 5SEC RECOVERY]  RUN [18 MILES AEROBIC THRESHOLD]	[45MIN]  [2HRS]	REPEAT TILL YOU CAN NO LONGER FINISH CLOSE TO T-PACE.  BASE BUILDING WORKOUT.
SUN	BIKE [80mile ride at aerobic threshold] -brick-(immediately onto the run) RUN [13miles at aerobic threshold]	[4hrs]	long brick work out! be sure to fuel many times along the way.

# WEEK 25

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [very easy recovery spin on a flat course entire duration]	[60min]	keep heart rate under aerobic threshold.
TUES	SWIM [OPEN WATER SWIM- 5MIN WARM UP; 10X RUNNING BEACH STARTS WITH 10MIN OUT AND 10MIN BACK]	[2hrs]	PROGRESS IN SPEED AS YOU GO OUT AND BACK. WORK ON PACE AND SITING.
	RUN [VERY EASY RECOVERY RUN ENTIRE DURATION]	[30min]	FLAT COURSE AND KEEP HEART RATE UNDER AEROBIC THRESHOLD.
WEDS	BIKE [20min warm up; then do 60sec effort at max pace; 4min easy; repeat all 4 times]	[20min]	this is a set to increase power, make sure to go all out.
	STRENGTH WORKOUT [RUN EXERCISES - see back of training plan]	[30min]	mix up the workout once you get tired, try to stay active the entire duration.
THURS	SWIM [10x100M AT T-PACE MINUS 15SEC; FULL RECOVERY AFTER EACH 100]	[30min]	THIS IS A RECOVERY SWIM SO TRY TO FOCUS ON FORM
	RUN [JOG 10MIN; RUN 4x30SEC HILL REPEATS AT 6-8% GRADE; 4MIN RECOVERY AFTER EACH]	[20min]	ALL OUT EFFORTS UP THE HILL AT MAXIMUM PACE.
FRI	RECOVERY DAY stay off legs as much as possible monitor healthy nutrition drink lots of water	[all day]	easy activities like stretching, floating in water, or getting a massage.
SAT	BIKE [30MIN MODERATE PACE]	[50min]	INCLUDE 4x60SEC RACE PACE EFFORTS ON EACH. WORKOUT ON RACE COURSE IF POSSIBLE.
	-BRICK- (IMMEDIATELY ONTO RUN)  RUN [15MIN MODERATE PACE]		
SUN	OLYMPIC DISTANCE RACE! [pace is at lactate threshold]	[Personal Record]	Practice smooth transitions and mental focus.

# WEEK 26

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [very easy recovery spin on a flat course entire duration]	[60min]	Very easy pace, on flat course.
TUES	SWIM [VERY EASY PACE, 1500METERS]	[45MIN]	MODERATE STEADY PACE THE ENTIRE TIME.
	RUN [EASY PACE FOR ENTIRE DURATION]	[40MIN]	ON A FLAT ROAD AND MODERATE PACE.
WEDS	BIKE [20min easy; ride 30sec effort at max pace, recover 4min; repeat everything 3x]	[20min]	These sets need to be very difficult, 100% effort.
THURS	SWIM [10MIN AT RACE PACE] -TRANSITION- BIKE [30MIN MODERATE EFFORT] -TRANSITION RUN [15MIN MODERATE EFFORT]	[50MIN]	INCLUDE 4x60SEC RACE PACE IN EACH SPORT. GET GOOD RECOVERY AFTER.
FRI	RECOVERY DAY stay off legs as much as possible monitor healthy nutrition drink lots of water	[all day]	easy activities like stretching, floating in water, or getting a massage.
SAT	BIKE [30MIN RACE PACE] -TRANSITION- RUN [15MIN RACE PACE]	[50MIN]	INCLUDE 3x90SEC RACE PACE EFFORTS. PRACTICE ON RACE COURSE IF POSSIBLE.
SUN	RACE HALF IRONMAN [stay at aerobic threshold]	[Personal Record]	try to progress in speed during the run.



# WEEK 27

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	RECOVERY DAY stay off legs as much as possible monitor healthy nutrition drink lots of water	[all day]	Easy activities like stretching, floating in water, or getting a massage.
TUES	SWIM [900M STEADY; 3X600M ALTERNATE 100M FISTS 100SWIM; 400M KICK; 200M PULL; 6X50M BACKSTROKE]	[30min]	INCLUDE 1 MIN RESTS BETWEEN EACH WORK-OUT.
	BIKE [30MIN AEROBIC]	[30min]	LIGHT RECOVERY RIDE.
WEDS	SWIM [recovery focus on form entire duration]	[20min]	easy pace for recovery. Really pay attention to technique.
THURS	SWIM [RECOVERY FOCUS ON FORM ENTIRE DURATION]	[20min]	EASY PACE FOR RECOVERY. REALLY PAY ATTENTION TO TECHNIQUE.
FRI	RUN [very easy with heart rate in zone 1 on a flat course]	[30min]	embarrassingly slow on flat soft surface.
SAT	BIKE [30MIN RACE PACE]	[45min]	VERY EASY AEROBIC BRICK WORKOUT.
	-TRANSITION- RUN [15MIN RACE PACE]	[30min]	
SUN	BIKE [easy ride entire duration]	[70min]	aerobic recovery ride.

# WEEK 28

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [15min warm up; 8x30sec sprints w/ 3min recovery]	[35min]	Emphasize form not power. Try to stay above 100rpm.
TUES	SWIM [400M EASY; REPEAT 4X150M(PADDLES, FIN KICKS, PULL BUOY, HARD FREESTYLE); 200M EASY]	[45min]	THIS IS A FORCE PLAY CIRCUIT.
	RUN [5MIN WARM UP; SKIP WITH HIGH KNEES 30YDS; BUTT KICKS 30YDS; HIGH KNEES FAST 30YDS; JOG 30YDS; RUN AEROBIC 30MIN]	[30min]	BEST DONE ON A TRACK OR MARKED FIELD. PAY ATTENTION TO FORM.
WEDS	RUN [10min warm up; hill climb 4min. Goal is 6 repeats]	[35min]	Try not to exceed lactate threshold. Easy Jog downhill.
	STRENGTH WORKOUT [CORE EXERCISES - see back of training plan]	[30min]	mix up the workout once you get tired, try to stay active the entire duration.
THURS	BIKE [20MIN WARM UP; 7X3MIN CLIMBS ON ROLLING HILLS;	[50min]	TRY TO KEEP CADENCE AT 80-90RPM AND FOCUS ON NOT EXCEEDING LACTATE THRESHOLD.
FRI	RECOVERY DAY stay off legs as much as possible monitor healthy nutrition drink lots of water	[all day]	easy activities like stretching, floating in water, or getting a massage.
SAT	SWIM [500M WARM UP; 4*500M WITH 1 MIN RESTS; APPROXIMATELY T-PACE]	[30min]	85-90% EFFORT, INCLUDE 200M COOLDOWN.  STAY BELOW AEROBIC THRESHOLD.
	RUN [ROLLING COURSE, 19MILES]	[3hrs]	
SUN	BIKE [group ride, entire duration at aerobic pace]	[4hrs]	recovery is the focus, be sure to stay at a conversational pace.

# WEEK 29

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [10min easy; sprint standing up for 1 mile; bike moderate effort sitting for 1 mile; recover ride for 1 mile; repeat all 2x]	[45min]	Find a course exactly 1 mile, this will build speed.
TUES	SWIM [OPEN WATER SWIM 5MIN WARM UP; 10X RUNNING BEACH STARTS WITH 10MIN OUT AND 10MIN BACK]	[2HRS]	PROGRESS IN SPEED AS YOU GO OUT AND BACK. WORK ON PACE AND SITING.
	RUN [6X 1 MILE REPEATS, PACE SHOULD BE 10K PACE AROUND ZONE 4]	[45MIN]	REST BETWEEN LAPS 1:1 MEANING A 7MIN LAP GETS A 7MIN REST.
WEDS	BIKE [60min aerobic ride complete- 10x60sec super fast spins, recover 1min between each, also do 10x60sec alternating legs, then 2min regular pedaling]	[1hr]	improve pedal stroke skills by focusing on the full rotation.
	STRENGTH WORKOUT [CORE EXERCISES - see back of training plan]	[30min]	mix up the workout once you get tired, try to stay active the entire duration.
THURS	RUN [JOG 10MIN; RUN 4x30SEC HILL REPEATS AT 6-8% GRADE; 4MIN RECOVERY AFTER EACH]	[25MIN]	ALL OUT EFFORTS UP THE HILL AT MAXIMUM PACE.
FRI	RECOVERY DAY stay off legs as much as possible monitor healthy nutrition drink lots of water	[all day]	easy activities like stretching, floating in water, or getting a massage.
SAT	SWIM [CONSTANT PACE ENTIRE DURATION OPEN WATER IF POSSIBLE]	[70MIN]	FOCUS ON FORM DON'T SLOW DOWN FOR SIGHTING.
	RUN [15MILES AEROBIC PACE]	[3HRS]	ROLLING COURSE IF POSSIBLE.
SUN	BIKE [90miles aerobic threshold]	[3hrs]	Work on re fueling just like in a race.
	RUN [20min lactate threshold]		

# WEEK 30

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [10min easy; sprint standing up for 1 mile; bike moderate effort sitting for 1 mile; recover ride for 1 mile; repeat all 4x]	[1hr]	Find a course exactly 1 mile, this will build speed.
TUES	SWIM [10MIN EASY; 5x8MIN RACE PACE EFFORTS, w/4MIN RECOVERY AFTER EACH]	[30MIN]	TRY TO SWIM NEGATIVE SPLITS EACH EFFORT SO THAT THE LAST HALF IS FASTER THAN THE FIRST.
	RUN [EASY WARM UP; 6x1 MILE REPEATS]	[45MIN]	RESTS ARE 1:1 MEANING IF A REPEAT TAKES 7MIN THEN SO SHOULD THE REST AFTERWARDS]
WEDS	BIKE [during this aerobic ride complete 10x60sec. fast spins above 110rpm; also do 10x60sec. alternate single leg pedaling]	[30min]	avoid bouncing in the saddle. remainder of ride is easy zone-2.
	STRENGTH WORKOUT [CORE EXERCISES - see back of training plan]	[30min]	mix up the workout once you get tired, try to stay active the entire duration.
THURS	RUN [EASY JOG; REPEAT ALL 4X (RUN 4x400M FOLLOWED BY 4x200M); REST 5MIN]	[25MIN]	THIS WORKOUT CAN BE MENTALLY DEMANDING. USE A TRACK IF POSSIBLE.
FRI	RECOVERY DAY stay off legs as much as possible monitor healthy nutrition drink lots of water	[all day]	easy activities like stretching, floating in water, or getting a massage.
SAT	SWIM [400M EASY; SWIM 100M AT T-PACE, RECOVER 15SEC; 75M AT T-PACE MINUS 5SEC, RECOVER; SWIM 25M AT MAXIMUM EFFORT]	[1HR]	REPEAT THIS WORKOUT TILL YOU CANT SUSTAIN T-PACE, THEN 5SEC COOL DOWN.
	RUN [18MILES AEROBIC THRESHOLD]	[4HRS]	ROLLING COURSE IF POSSIBLE
SUN	RUN [30min building to lactate threshold] -transition- BIKE [45min with fast ending] -transition- RUN [20min aerobic]	[1hr 45min]	This is a tempo brick workout, focus on building pace and smooth transitions.

# WEEK 3 I

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [10min easy; sprint standing up for 1 mile; bike moderate effort sitting for 1 mile; recover ride for 1 mile; repeat all 4x]	[1hr]	Find a course exactly 1 mile, this will build speed.
TUES	SWIM [OPEN WATER 10MIN EASY; 5x8MIN RACE PACE EFFORTS, w/4MIN RECOVERY AFTER EACH]  RUN [EASY WARM UP; 7X HALF MILE REPEATS]	[30MIN]  [45MIN]	TRY TO SWIM NEGATIVE SPLITS EACH EFFORT SO THAT THE LAST HALF IS FASTER THAN THE FIRST.  RESTS ARE 1:1 MEANING IF A REPEAT TAKES 7MIN THEN SO SHOULD THE REST AFTERWARDS]
WEDS	BIKE [during this aerobic ride complete 10x60sec. fast spins above 110rpm; also do 10x60sec. alternate single leg pedaling]  STRENGTH WORKOUT [CORE EXERCISES - see back of training plan]	[30min]  [30min]	avoid bouncing in the saddle. remainder of ride is easy zone-2.  mix up the workout once you get tired, try to stay active the entire duration.
THURS	RUN [EASY WARM UP; RUN 10X HILL REPEATS EACH TAKING 45SEC.]	[25MIN]	HAMMER A HARD PACE UP HILL, AND RECOVERY DOWNHILL.
FRI	RECOVERY DAY stay off legs as much as possible monitor healthy nutrition drink lots of water	[all day]	easy activities like stretching, floating in water, or getting a massage.
SAT	SWIM [CONSTANT PACE ENTIRE DURATION OPEN WATER IF POSSIBLE]  RUN [20MILES AEROBIC PACE]	[70MIN]  [3HRS]	FOCUS ON FORM DON'T SLOW DOWN FOR SIGHTING.  ROLLING HILLS IF POSSIBLE.
SUN	BIKE [90miles aerobic threshold]	[3hrs]	Work on re fueling just like in a race.

# WEEK 32

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [10min easy; sprint standing up for 1 mile; bike moderate effort sitting for 1 mile; recover ride for 1 mile; repeat all 4x]	[1hr]	Find a course exactly 1 mile, this will build speed.
TUES	SWIM [OPEN WATER 10MIN EASY; 5x8MIN RACE PACE EFFORTS, w/4MIN RECOVERY AFTER EACH]  RUN [EASY WARM UP; 7X HALF MILE REPEATS]	[30MIN]  [45MIN]	TRY TO SWIM NEGATIVE SPLITS EACH EFFORT SO THAT THE LAST HALF IS FASTER THAN THE FIRST.  RESTS ARE 1:1 MEANING IF A REPEAT TAKES 7MIN THEN SO SHOULD THE REST AFTERWARDS]
WEDS	BIKE [during this aerobic ride complete 10x60sec. fast spins above 110rpm; also do 10x60sec. alternate single leg pedaling]  STRENGTH WORKOUT [RUN EXERCISES - see back of training plan]	[30min]  [30min]	avoid bouncing in the saddle. remainder of ride is easy zone-2.  mix up the workout once you get tired, try to stay active the entire duration.
THURS	RUN [EASY JOG; REPEAT ALL 4X (RUN 4x400M FOLLOWED BY 4x200M); REST 5MIN]	[25MIN]	THIS WORKOUT CAN BE MENTALLY DEMANDING. USE A TRACK IF POSSIBLE.
FRI	RECOVERY DAY stay off legs as much as possible monitor healthy nutrition drink lots of water	[all day]	easy activities like stretching, floating in water, or getting a massage.
SAT	BIKE [100MILE AEROBIC THRESHOLD w/ 2-3 HILL CLIMBS] --TRANSITION-- RUN [13MILE AEROBIC THRESHOLD]	[5-8HRS]	DURING THIS LONG ENDURANCE WORKOUT MAKE SURE TO HOLD A CONSTANT PACE AND REFUEL JUST LIKE IN A RACE.
SUN	SWIM [400m easy; swim 100m at T-pace, recover 15sec; 75m at T-pace minus 5sec, recover; swim 25m at maximum effort]	[1hr]	Repeat this workout till you cant sustain T-pace, then 5sec cool down.

# WEEK 33

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [20min. warm up; bike 1x60sec effort at max pace; recover 4min; repeat everything 6x]  STRENGTH WORKOUT [RUN EXERCISES - see back of training plan]	[30min]  [30min]	100% effort with complete recovery after each. This set will improve power.  mix up the workout once you get tired, try to stay active the entire duration.
TUES	SWIM [ FREESTYLE 8x50 SLOW; 8x50 FAST; 8x100 DESCENDING TIMES; 8x100 (ALTERNATE FAST/SPRINT); 8x50 (ALTERNATE MEDIUM/SPRINT)]  RUN [10MIN EASY; RUN 6x30SEC. ALL OUT EFFORTS W/4MIN RECOVERY]	[45MIN]  [30MIN]	THIS IS A SPEED SET SO CONTROL THE PACE.  VO2 MAX EFFORTS. BE SURE TO RECOVER IN BETWEEN SETS.
WEDS	BIKE [20min. warm up; bike 1x60sec effort at max pace; recover 4min; repeat everything 6x]  STRENGTH WORKOUT [RUN EXERCISES - see back of training plan]	[30min]  [30min]	100% effort with complete recovery after each. This set will improve power.  mix up the workout once you get tired, try to stay active the entire duration.
THURS	RUN [10MIN WARM UP; 6x30SEC HILL REPEATS AT MAX EFFORT, W/ 4MIN RECOVERY BETWEEN SETS]	[20MIN]	FAST PACE UP HILL EASY JOG BACK DOWN.
FRI	RECOVERY DAY stay off legs as much as possible monitor healthy nutrition drink lots of water	[all day]	easy activities like stretching, floating in water, or getting a massage.
SAT	RUN [2-3MILES AT AEROBIC THRESHOLD; RUN 10K AT LACTATE THRESHOLD]	[20MIN]	FAST FINISH PRACTICE.
SUN	BIKE [70miles at aerobic threshold w/ 2 hill climbs]	[1-2hrs]	Recovery ride. Be sure to fuel exactly as in race.

# WEEK 34

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [20min. warm up; bike 1x60sec effort at max pace; recover 4min; repeat all 6x]	[30min]	100% effort with complete recovery after each. This set will improve power.
TUES	SWIM [ FREESTYLE 8x50 SLOW; 8x50 FAST; 8x100 DESCENDING TIMES; 8x100 (ALTERNATE FAST/SPRINT); 8x50 (ALTERNATE MEDIUM/SPRINT)]	[45min]	THIS IS A SPEED SET SO CONTROL THE PACE.
	RUN [10MIN EASY; RUN 6x30SEC. ALL OUT EFFORTS W/4MIN RECOVERY]	[30min]	V02 MAX EFFORTS. BE SURE TO RECOVER IN BETWEEN SETS.
WEDS	BIKE [20min. warm up; bike 1x60sec effort at max pace; recover 4min; repeat everything 6x]	[30min]	100% effort with complete recovery after each. This set will improve power.
	STRENGTH WORKOUT [RUN EXERCISES - see back of training plan]	[30min]	mix up the workout once you get tired, try to stay active the entire duration.
THURS	RUN [20MIN JOG; RUN 10x400M AT MAX EFFORT]	[20min]	REST BETWEEN SETS SHOULD BE 1:1 MEANING IF YOUR SET TAKES 3MIN SO SHOULD YOUR REST.
FRI	RECOVERY DAY stay off legs as much as possible monitor healthy nutrition drink lots of water	[all day]	easy activities like stretching, floating in water, or getting a massage.
SAT	SWIM [10MIN EASY; SWIM ALTERNATE 3x100M (PER ARM EASY; 20STROKES PER ARM HARD; 50 STROKES PER ARM EASY)]	[20min]	THIS IS A SET FOR INCREASING POWER.
SUN	BIKE [30min easy; 90min aerobic threshold] -transition- RUN [45min aerobic threshold]	[1-2hrs]	Be sure to refuel exactly as in the race.



# WEEK 35

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	BIKE [very easy pace entire duration]	[60min]	Recovery spin on flat course. stay under aerobic threshold.
TUES	SWIM [EASY PACE FOR 1500METERS]	[45min]	AEROBIC SWIM FOR RECOVERY BEFORE THE BIG RACE.
	RUN [AEROBIC RUN FOR ENTIRE DURATION]	[40min]	FLAT COURSE KEEP HR LOW.
WEDS	BIKE [20min easy; 1x30sec effort at max pace w/ 4min recovery]	[30-45min]	repeat this workout 3-4 times if possible.
	STRENGTH WORKOUT [SWIM EXERCISES - see back of training plan]	[30min]	mix up the workout once you get tired, try to stay active the entire duration.
THURS	BIKE [10K ZONE 4] --TRANSITION-- RUN [10MIN ZONE 4]	[30min]	WARM UP WELL, THIS IS A TAPER WORKOUT.
FRI	RECOVERY DAY stay off legs as much as possible monitor healthy nutrition drink lots of water	[all day]	easy activities like stretching, floating in water, or getting a massage.
SAT	SWIM [10MIN EASY; SWIM ALTERNATE 3x100M (PER ARM EASY; 20STROKES PER ARM HARD; 50 STROKES PER ARM EASY)]	[30min]	THIS IS A SET FOR INCREASING POWER.
SUN	BIKE [30min easy; 90min aerobic threshold] -transition- RUN [45min aerobic threshold]	[3-4hrs]	Be sure to refuel exactly as in the race.

# WEEK 36

DAY	WORKOUT	DURATION (APPROX)	COMMENTS
MON	SWIM [20min w/ 4x60sec race pace efforts]	[20min]	relax! you are now doing workouts to maintain fitness from all of the training.
	BIKE [40min w/ 4x90sec hard efforts]	[40min]	
	RUN [10min tempo run off the bike]	[10min]	
TUES	SWIM [15MIN OPEN WATER SWIM]	[15MIN]	FOCUS ON FORM.
	RUN [20MIN w/ 4x60SEC. ACCELERATIONS TO ZONE 5]	[20MIN]	FULL RECOVERY AFTER EACH SET.
WEDS	SWIM [15-20min swim w/ 4x60sec efforts to race pace acceleration]	[20min]	This is mostly a aerobic swim.
	BIKE [40min ride w/ 4x90sec hard efforts]	[40min]	During this power set include full recovery rounds.
THURS	SWIM [15MIN OPEN WATER SWIM]	[15MIN]	AEROBIC PACE AND FOCUS ON FORM.
	RUN [20MIN w/ 4x60SEC ACCELERATIONS TO ZONE 5]	[20MIN]	FULL RECOVERY BETWEEN SETS
FRI	RECOVERY DAY stay off legs as much as possible monitor healthy nutrition drink lots of water	[all day]	easy activities like stretching, floating in water, or getting a massage.
SAT	BIKE [30MIN ON RACE COURSE IF POSSIBLE]	[45MIN]	INCLUDE 3 SHORT 90SEC SPRINTS ON EACH. STUDY THE COURSE AND INSPECT BIKE AFTERWARDS.
	--TRANSITION-- RUN [15MIN ON COURSE]		
SUN	IRONMAN RACE!  [You are ready for this, be smart in the race but don't over think it]	[New Personal Record]	Be sure to refuel. Stay at aerobic threshold on bike. On the run also stay at aerobic Threshold until mile 20 then go for lactate threshold

# CORE EXCERCISES

## WARM UP



**FOAM ROLLER LOW BACK**  
REPS 8-10  
TEMPO: FLUENT



**FOAM ROLLER MID BACK**  
REPS:8-10  
TEMPO: FLUENT



**FOAM ROLLER MID BACK**  
REPS:8-10  
TEMPO: FLUENT

## MAIN SET



**CRUNCHES**  
REPS 15-20  
TEMPO: FLUENT



**SIDE CRUNCHES**  
REPS:10-15  
TEMPO: CONTROL



**SUPERMAN PLANKS**  
REPS:10-15  
TEMPO: CONTROL



**MOUNTAIN CLIMBERS**  
REPS:10-15  
TEMPO: CONTROL, ALTERNATE  
LEGS



**STABILITY BALL BRIDGES**  
REPS:10-15  
TEMPO: CONTROL, RAISE HIPS

## COOL DOWN



**SCORPION**  
REPS:1  
TEMPO: ALTERNATE LEGS AND  
HOLD POSE



**THE WARRIOR**  
REPS:1  
TEMPO: HOLD POSE



**DOWN DOG**  
REPS:1  
TEMPO: HOLD POSE

# SWIM STRENGTH

## WARM UP



**DYNAMIC ARM SWING**  
REPS: 8-10  
TEMPO: EXPLOSIVE



**FOAM ROLLER MID BACK**  
REPS: 8-10  
TEMPO: FLUID



**FOAM ROLLER CHEST**  
REPS: 8-10  
TEMPO: EXPLOSIVE

## MAIN SET



**PULL UPS**  
REPS: 8-10  
TEMPO: CONTROL



**SIDE PLANK ROTATIONS**  
REPS: 10-15  
TEMPO: CONTROL



**SINGLE ARM CHEST PRESS \W  
CABLE**  
REPS: 10-15  
TEMPO: CONTROL

## COOL DOWN



**POSTERIOR SHOULDER STRETCH**  
REPS: 1  
TEMPO: CONTROL



**SIDE STRETCH**  
REPS: 1 PER SIDE  
TEMPO: CONTROL



**ANTERIOR SHOULDER STRETCH**  
REPS: 1  
TEMPO: CONTROL

# BIKE STRENGTH

## WARM UP



**HIP FLEXOR KICK OUTS**  
REPS: 8-10  
TEMPO: EXPLOSIVE



**FOAM ROLLER QUADS**  
REPS: 10-12  
TEMPO: FLUID



**FOAM ROLLER LATERAL CALF**  
REPS: 10-12  
TEMPO: FLUID

## MAIN SET



**LATERAL LUNGES**  
REPS: 8-10  
TEMPO: CONTROL

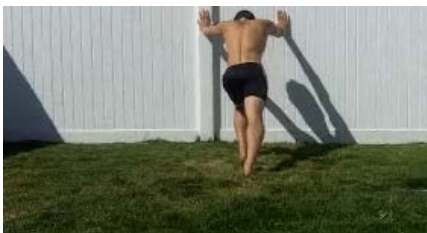


**ALTERNATE BICEP CURL**  
REPS: 8-10  
TEMPO: CONTROL



**SPLIT SQUAT**  
REPS: 8-10  
TEMPO: CONTROL

## COOL DOWN



**CALF STRETCH**  
REPS: 1  
TEMPO: CONTROL



**FIGURE FOUR STRETCH**  
REPS: 1  
TEMPO: CONTROL



**BRIDGE STRETCH**  
REPS: 1  
TEMPO: CONTROL



# RUN STRENGTH

## WARM UP



**SIDE TO SIDE LEG SWINGS**  
REPS: 10-12  
TEMPO: EXPLOSIVE



**FOAM ROLLER CALFS**  
REPS: 10-12  
TEMPO: FLUENT



**FOAM ROLLER IT-BAND**  
REPS: 10-12  
TEMPO: FLUENT

## MAIN SET



**SINGLE LEG PRESS**  
REPS: 8-10  
TEMPO: CONTROL



**WALKING LUNGES**  
REPS: 8-10  
TEMPO: CONTROL



**FIRE HYDRANTS**  
REPS: 8-10  
TEMPO: CONTROL

## COOL DOWN



**HAMSTRING STRETCH**  
REPS: 1  
TEMPO: CONTROL



**LYING LEG BODY**  
REPS: 1  
TEMPO: CONTROL



**CALF STRETCH**  
REPS: 1  
TEMPO: CONTROL

# NUTRITION

If you have any special dietary needs or allergies then please go over this plan with a doctor.

Every human body handles nutrition in unique ways. This plan is a general guideline to help give you a framework to follow during training. Once you understand glycemic Index and the types of calories to consume then you have the freedom of exploring new recipes.

**Myth: “eating healthy is expensive and time consuming”**

**Truth: a weeks worth of fruit, vegetables, and pasta cost less than eating out every day. Also if you at least prepare the meals every Sunday then less time during the week is spent cooking.**

You need a weekly plan for the Base Phase, the Build Phase , carb loading, and race day fueling.

The typical resting metabolic rate (calories burned without much physical activity) is around **1500-2000 calories per day in females** and around **2000-2500ca. in males**. This does not include daily workouts.

Once you factor in the most intense race pace workout you are looking at burning: **400-600ca.** per hour in females  
**600-800ca.** per hour in males

**Tip: your body can only handle a finite amount of preservatives, genetically modified foods, and other artificial sweeteners before it develops a toxin overload.**

It is a good practice to simply build your diet around the Glycemic Index. You will want to emphasize low-glycemic index carbohydrates

**Base Phase Nutrition:** Pre-workout meals should be around 3 hours before any workout with mostly complex carbs, if you need some calories closer to a workout try to consume healthy snacks like a granola bar. During this phase it is important to consume post workout meals within 20 minutes of finishing a workout.

**Build Phase Nutrition:** This phase is similar to the Base Phase, except your workouts will be longer and harder. It is important to include more carbohydrates per meal and more recovery supplements such as protein.

**Taper Phase and Race Week:** As you decrease workout volume/intensity total caloric intake will decrease. This phase calls for more Vegetables and Fruit to avoid unnecessary fat gain do not increase carbohydrates (carb loading) until the actual week of the race.

## **Everything About Glycemic Index**

<http://www.mendosa.com/gilists.htm>

<http://www.glycemicindex.com/index.php>

## **General Nutrition Tips**

<http://www.bengreenfieldfitness.com/category/nutrition/>

<http://www.enduranceplanet.com/fueling-myths-exposed/>

## **Low Carb Diets**

<http://www.lowcarbtriathlete.com/>



# “ T1 / T2 ” TRANSITION TIPS

Transitions are just as much apart of the sport as the swim, bike, or run are. Often referred to as T1 (swim to bike) and as T2 (bike to run) it is important to practice these so that they become a fluid part of the race. The last thing you want is to finish the run with your helmet still on!

First make a checklist of what gear is essential for all 3 sports, then practice a short T1/T2 training session: quickly remove your wetsuit, put on a helmet and bike gear while mounting your bike safely, rolling into a car parking spot while safely dismounting the bike, slipping on your running shoes and other gear.



## Tips:

*Start by practicing all the motions slowly before attempting to be super fast.*

*Spend extra time mounting and dismounting the bike.*

*Use matching or same color gear, this makes it easier to find your spot on race day.*

*Try to condense your transition spot to take up less space.*

*Don't change out your gear very often.*

# RACE DAY

No matter if it's your first race or your tenth, race day can be overwhelming. So here are some tips to keep it fun. First, relax the day before the race. If you honestly followed the training plan, then physically you will be ready for the race. Do not feel like you should get in last minute workouts, but simply have faith in your training. Next, stick to the plan. Do not create too many goals for race day, especially if it is your first. You might consider doing more than one race and having select goals for each race day. Manage start line anxiety by focusing on your strengths and how they are going to help you in this race. Once the race starts, focus on performance by dynamically planning what to do next as things play out. For example, if your swim wasn't as fast as you planned, how can you safely make up for it on the bike? Never stress over mistakes; it will only cause you to make more. Instead, keep your thoughts on accomplishments and what is happening next. Last of all, HAVE FUN! This is what all that training was for.

Be sure to check back with [TriathlonTraining.net](http://TriathlonTraining.net) for more training plans and tips.

Good Luck!

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