

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, and we will be glad to help. This plan was handmade with proven workouts tested by real triathletes.

This is a 36 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 for news, training tips, coaching and more!



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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 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.