

# 36 week ironman training schedule

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### **36-Week Ironman Training Schedule: A Step-by-Step Guide**

**What is an Ironman Triathlon?** An Ironman Triathlon is an extreme endurance event that consists of a 2.4-mile swim, a 112-mile bike ride, and a 26.2-mile run. Completing an Ironman requires months of dedicated training and a comprehensive schedule that balances all three disciplines.

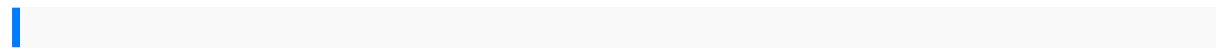
**Can I complete an Ironman in 36 weeks?** With a solid training foundation and consistent effort, it is possible to prepare for and complete an Ironman within 36 weeks. However, it's important to note that individual progress and readiness vary. Prior athletic experience and fitness levels will influence the effectiveness of a 36-week training plan.

**What does a 36-week Ironman training schedule include?** A 36-week training schedule should incorporate gradual increases in volume and intensity for all three disciplines. It should include a mix of endurance, speed, and recovery workouts, as well as transition practice and race simulations. The schedule should also account for rest days, nutrition, and injury prevention.

**How much time should I allocate to training?** The amount of training time required will vary depending on individual fitness levels and goals. However, a 36-week training schedule typically involves 10-15 hours of training per week, gradually increasing to 20-25 hours in the lead-up to the race. This includes time for swimming, biking, running, strength training, and transitioning between disciplines.

**Is a 36-week schedule right for me?** Whether a 36-week training schedule is appropriate depends on factors such as prior training experience, time availability, and fitness goals. If you have a strong athletic base and are willing to commit to a

demanding training regimen, a 36-week plan can be a viable option. However, individuals with limited training history or other commitments may consider a longer training period or a different approach.



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