BUILD YOUR IRONMAN FOUNDATION

GOT YOUR SIGHTS SET ON AN IRONMAN? START TRAINING NOW AND BUILD THE ENDURANCE AND STRENGTH YOU’LL NEED

IRONMAN is the one triathlon where there can be no shortcuts. Racing a 3.8km swim, 180km bike and 42km run course is gruelling. You need a solid training foundation under your belt before doing one, and that’s just what this 12-week plan will help you achieve.

If you’ve entered a long-distance race in summer 2011 this plan is for you, but even if you haven’t it will give you the fitness you need to make the leap into Ironman racing. The plan takes at least eight hours each week, so get family and friends on board first. To help, we’ve created two separate plans: a ‘time poor’ version for those with less than 10 hours a week to train, and a ‘time rich’ plan for those with more availability.

The plan builds the endurance and strength you’ll need for Ironman. After that we’ll bring in some race-pace and race-distance sessions in Issue 27. But for now, these sessions will form the backbone of your fitness.

Check out the Key and the intensity Training Zones to get the details right.

And remember, if you start losing appetite or struggle with sleep or mood, you need to rest for a couple of days at least (and eat lots of chocolate).

Phil Mosley
Coaching editor of Triathlon Plus.
Mosley is an experienced coach and elite athlete with a sports degree from the University of Chichester
Ironman foundation

FOLLOW THIS PLAN IF YOU HAVE UNDER 10 HOURS A WEEK TO TRAIN

WEEK 01

Type Swim Distance 2.4km
Instructions

Type Run Time 8hr Instructions Steady run in Z2

Type Run Time 4hr Instructions Steady run in Z2

Type Run Time 40mins Instructions 5mins in Z2, 2x 4 mins at start of

Type Brick Time 2hrs Instructions Bike trans session. Thurs or

WEEK 02

Type Swim Distance 3.4km
Instructions

Type Run Time 8hr Instructions Steady run in Z2

Type Run Time 40mins Instructions 5mins in Z2, 2x 4 mins at start of

Type Brick Time 2hrs Instructions Bike trans session. Thurs or

WEEK 03

Type Swim Distance 2.4km
Instructions

Type Run Time 50mins Instructions Steady run in Z2

Type Run Time 40mins Instructions 5mins in Z2, 10 mins at top of

Type Brick Time 2hrs Instructions Bike trans session. Thurs or

WEEK 04

Type Swim Distance 1.4km
Instructions

Type Run Time 50mins Instructions Steady run in Z2

Type Run Time 40mins Instructions 5mins in Z2, 10 mins at top of

Type Brick Time 2hrs Instructions Bike trans session. Thurs or

THE PLAN TIME POOR

INTENSITY TRAINING ZONES

IRONMAN FOUNDATION

B-10 hours per week

USING THESE Training Zones will help you train at the right intensity for each session. This helps to develop specific aspects of your fitness, as well as making sure you don’t overdue it. At this foundation stage of training only Zones 1 – 3 are used. You can either estimate your intensity, using the Training Zone descriptions, or use a heart-rate monitor for a more precise measure. If you use a heart-rate monitor, use the percentages provided, and subtract them from your maximum heart rate to calculate your zones. Tools like cycle power meters and GPS watches will also help track your training progress, but they’re not essential for these plans.

ZONE 1 (Z1) Recovery

60 to 65% of max. Easy pace, feels nice and light

ZONE 2 (Z2) Steady

65 to 75% of max. Fairly easy pace. Easy enough so that you could breathe just through your nose if you wanted to

ZONE 3 (Z3) Tempo

75% to 80% of max. Fairly hard, but sustainable pace

ZONE 4 (Z4) Red line

80% to 100% max. Very hard, requires real focus, not sustainable for long

STAY IN THE TRAINING ZONE WITH TRIATHLON PLUS

IRONMAN FOUNDATION

FOLLOW THIS PLAN IF YOU HAVE UNDER 10 HOURS A WEEK TO TRAIN

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Type Swim Distance 2.4km
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Instructions

Type Run Time 50mins Instructions Steady run in Z2

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Type Swim Distance 1.4km
Instructions

Type Run Time 50mins Instructions Steady run in Z2

Type Run Time 40mins Instructions 5mins in Z2, 10 mins at top of

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### WEEK 05

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THE PLAN

INTENSITY TRAINING ZONES

IRONMAN FOUNDATION

10-13 hours per week

USING THESE Training Zones will help you train at the right intensity for each session. This helps to develop specific aspects of your fitness, as well as making sure you don’t overdo it. At this foundation stage of training only Zones 1-3 are used. You can either estimate your intensity, using the Training Zone descriptions, or use a heart-rate monitor for a more precise measure. If you use a heart-rate monitor, use the percentages provided, and subtract them from your maximum heart rate to calculate your zones. Tools like cycle power meters, and GPS watches will also help track your training progress, but they’re not essential for these plans.

ZONE 1 (Z1) Recovery
60 to 65% of max. Easy pace, feels nice and light

ZONE 2 (Z2) Steady
65 to 75% of max. Fairly easy pace. Easy enough so that you could breathe just through your nose if you wanted to

ZONE 3 (Z3) Tempo
75% to 80% of max. Fairly hard, but sustainable pace

ZONE 4 (Z4) Redline
90% to 100% max. Very hard, requires real focus, not sustainable for long periods

THE PLAN

Ironman Foundation

WEEK 01

AM Type Run Time: 30mins
Instructions: Steady run in Z2

PM Type Swim Distance: 1.4km
Instructions: W/U: (22): 100m, 50m, 50m, 50m. Technique: (22): 200m kick alternating Z2, Z2, Z2, Z2. (22): 100m, 50m kick, 200m fc, 50m fc, 30 sec, 100m kick, alternating (Z2, Z2, Z2, Z2). (22): 100m, 50m, 50m, 50m. Technique: (22): 250m back, 100m fc, 25m back, 100m fc, 25m back, 100m fc. (22): 250m back, 100m fc, 25m back, 100m fc. (22): 250m back, 100m fc, 25m back, 100m fc. W/D (Z2): 400m alternating back/fc

WEEK 02

AM Type Run Time: 30mins
Instructions: Steady run in Z2

PM Type Swim Distance: 1.4km
Instructions: W/U: (22): 100m, 50m, 50m, 50m. Technique: (22): 200m kick alternating Z2, Z2, Z2, Z2. (22): 100m, 50m kick, 200m fc, 50m fc, 30 sec, 100m kick, alternating (Z2, Z2, Z2, Z2). (22): 100m, 50m, 50m, 50m. Technique: (22): 250m back, 100m fc, 25m back, 100m fc, 25m back, 100m fc. (22): 250m back, 100m fc, 25m back, 100m fc. (22): 250m back, 100m fc, 25m back, 100m fc. W/D (Z2): 400m alternating back/fc

WEEK 03

AM Type Run Time: 30mins
Instructions: Steady run in Z2

PM Type Swim Distance: 1.4km
Instructions: W/U: (22): 100m, 50m, 50m, 50m. Technique: (22): 200m kick alternating Z2, Z2, Z2, Z2. (22): 100m, 50m kick, 200m fc, 50m fc, 30 sec, 100m kick, alternating (Z2, Z2, Z2, Z2). (22): 100m, 50m, 50m, 50m. Technique: (22): 250m back, 100m fc, 25m back, 100m fc, 25m back, 100m fc. (22): 250m back, 100m fc, 25m back, 100m fc. (22): 250m back, 100m fc, 25m back, 100m fc. W/D (Z2): 400m alternating back/fc

WEEK 04

AM Type Run Time: 30mins
Instructions: Steady run in Z2

PM Type Swim Distance: 1.4km
Instructions: W/U: (22): 100m, 50m, 50m, 50m. Technique: (22): 200m kick alternating Z2, Z2, Z2, Z2. (22): 100m, 50m kick, 200m fc, 50m fc, 30 sec, 100m kick, alternating (Z2, Z2, Z2, Z2). (22): 100m, 50m, 50m, 50m. Technique: (22): 250m back, 100m fc, 25m back, 100m fc, 25m back, 100m fc. (22): 250m back, 100m fc, 25m back, 100m fc. (22): 250m back, 100m fc, 25m back, 100m fc. W/D (Z2): 400m alternating back/fc

STAY IN THE TRAINING ZONE WITH TRIATHLON PLUS

JANUARY 2011

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### WEEK 05

**Sunday**
- **Type** Run 30mins
  - Instructions: Steady run at Zone 2

**Monday**
- **Type** Run 40mins
  - Instructions: Steady run at Zone 2
- **PM** Type Swim Distance
  - 5km
  - Instructions: Warm up (500m, 200m kick) 1km, 1000m, 500m, 100km, 100m, 200m, 1000m, 2000m, 500m.

**Tuesday**
- **Type** Bike 40mins
  - Instructions: Indoor trainer or road
- **PM** Type Swim Distance
  - 1km

**Wednesday**
- **Type** Run 60mins
  - Instructions: Steady run at Zone 2

**Thursday**
- **Type** Run 40mins
  - Instructions: Steady run at Zone 2

**Friday**
- **Type** Run 10mins
  - Instructions: Steady run at Zone 2

**Saturday**
- **Type** Run 30mins
  - Instructions: Steady run at Zone 2

### WEEK 06

**Sunday**
- **Type** Run 40mins
  - Instructions: Steady run at Zone 2

**Monday**
- **Type** Run 40mins
  - Instructions: Steady run at Zone 2
- **PM** Type Swim Distance
  - 1km

**Tuesday**
- **Type** Bike 40mins
  - Instructions: Indoor trainer or road
- **PM** Type Swim Distance
  - 1km

**Wednesday**
- **Type** Run 60mins
  - Instructions: Steady run at Zone 2

**Thursday**
- **Type** Run 40mins
  - Instructions: Steady run at Zone 2

**Friday**
- **Type** Run 10mins
  - Instructions: Steady run at Zone 2

**Saturday**
- **Type** Run 30mins
  - Instructions: Steady run at Zone 2

### WEEK 07

**Sunday**
- **Type** Run 40mins
  - Instructions: Steady run at Zone 2

**Monday**
- **Type** Run 40mins
  - Instructions: Steady run at Zone 2
- **PM** Type Swim Distance
  - 1km

**Tuesday**
- **Type** Bike 40mins
  - Instructions: Indoor trainer or road
- **PM** Type Swim Distance
  - 1km

**Wednesday**
- **Type** Run 60mins
  - Instructions: Steady run at Zone 2

**Thursday**
- **Type** Run 40mins
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**Friday**
- **Type** Run 10mins
  - Instructions: Steady run at Zone 2

**Saturday**
- **Type** Run 30mins
  - Instructions: Steady run at Zone 2

### WEEK 08

**Sunday**
- **Type** Run 40mins
  - Instructions: Steady run at Zone 2

**Monday**
- **Type** Run 40mins
  - Instructions: Steady run at Zone 2
- **PM** Type Swim Distance
  - 1km

**Tuesday**
- **Type** Bike 40mins
  - Instructions: Indoor trainer or road
- **PM** Type Swim Distance
  - 1km

**Wednesday**
- **Type** Run 60mins
  - Instructions: Steady run at Zone 2

**Thursday**
- **Type** Run 40mins
  - Instructions: Steady run at Zone 2

**Friday**
- **Type** Run 10mins
  - Instructions: Steady run at Zone 2

**Saturday**
- **Type** Run 30mins
  - Instructions: Steady run at Zone 2

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**RECOVERY WEEK**

**Sunday**
- **Type** Run 10mins
  - Instructions: Steady run at Zone 2

**Monday**
- **Type** Bike 20mins
  - Instructions: Steady bike at Zone 2

**Tuesday**
- **Type** Run 10mins
  - Instructions: Steady run at Zone 2

**Wednesday**
- **Type** Bike 20mins
  - Instructions: Steady bike at Zone 2

**Thursday**
- **Type** Run 10mins
  - Instructions: Steady run at Zone 2

**Friday**
- **Type** Bike 20mins
  - Instructions: Steady bike at Zone 2

**Saturday**
- **Type** Run 10mins
  - Instructions: Steady run at Zone 2

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**TIME RICH PLAN**

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<td>AM Type Run 40mins  PM Type Swim Distance  Rest Day</td>
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**TRAINING ZONE**

- **Time** Run 20mins  30mins  40mins
- **Type** Bike 20mins  30mins  40mins
- **PM** Type Swim Distance 1km  2km  3km

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**ZONE 1**
- Zone 1: Below target heart rate

**ZONE 2**
- Zone 2: Target heart rate

**ZONE 3**
- Zone 3: Above target heart rate

---

**WEEKLY REST DAY**

**Monday**
- **Type** Run 20mins  30mins  40mins
  - Instructions: Steady run at Zone 2

**Tuesday**
- **Type** Bike 20mins  30mins  40mins
  - Instructions: Steady bike at Zone 2

**Wednesday**
- **Type** Run 20mins  30mins  40mins
  - Instructions: Steady run at Zone 2

**Thursday**
- **Type** Bike 20mins  30mins  40mins
  - Instructions: Steady bike at Zone 2

---

**RECOVERY WEEK**

**Sunday**
- **Type** Run 10mins  20mins  30mins
  - Instructions: Steady run at Zone 2

**Monday**
- **Type** Bike 20mins  30mins  40mins
  - Instructions: Steady bike at Zone 2

**Tuesday**
- **Type** Run 10mins  20mins  30mins
  - Instructions: Steady run at Zone 2

**Wednesday**
- **Type** Bike 20mins  30mins  40mins
  - Instructions: Steady bike at Zone 2

**Thursday**
- **Type** Run 10mins  20mins  30mins
  - Instructions: Steady run at Zone 2

**Friday**
- **Type** Bike 20mins  30mins  40mins
  - Instructions: Steady bike at Zone 2

**Saturday**
- **Type** Run 10mins  20mins  30mins
  - Instructions: Steady run at Zone 2

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**TRI23.zone_plan 94**

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