MY FIRST IRONMAN

PREPARE YOURSELF FOR THIS INFAMOUS ENDURANCE RACE WITH OUR EXPERT PLANS

The plan

TRAINING FOR your first ever Ironman-distance race can be a daunting prospect. It’s a race that involves a 3.8km open water swim, 180km bike ride and a 42km run, so it’s vital that you prepare properly. It’s also important not to launch yourself into doing five-hour bike rides or 20-mile runs straight away. Unless you’re experienced, hitting the big miles straight away will leave you exhausted and injured. So the key is to train long but build up to it gradually while incorporating the relevant skills and elements of fitness. With these 12-week plans the thinking has already been done for you, so all you need to do is get out and start training.

Before you start using them, it’s important to understand a few important points. Firstly, there are two plans to choose from: one will take between six and 11 hours per week, while the other will take anything up to 15 hours per week. Pick the plan that you feel is most realistic for you.

The plans are designed to be started 12 weeks before your Ironman event. Alternatively, you could begin 13 or 14 weeks beforehand to build in some leeway. The plans may seem rather prescriptive at first, but you’re always free to move the sessions around to suit your work/life schedule. Just try to avoid arranging it so you have too many tough back-to-back sessions.

Importantly, don’t be afraid to listen to your body as well and take a rest day when you need it, regardless of what the plan says. There’s no benefit to training if you’re already overtired before you start.

You should also try to stick to the training zones we’ve prescribed. Stay with them because you’ll be grateful when the training volume starts ramping up over the weeks and months. Make sure you are familiar with them, and check the key beneath them – this explains any abbreviations we’ve used and helps you make sense of the plan so you can focus your efforts on the training.

Are these plans for you?

To start these Ironman training plans you should already be able to:

- Ride your bike for at least two hours 30 minutes
- Run for at least 60 minutes
- Swim 400m non-stop

How it works

Get your guide ready to go

Cut out the guide following the dotted outline
Fold the guide in quarters using the fold guides
Now carry it with you for reference while training
**THE PLAN IRONMAN: TIME POOR**

**IRONMAN**

FOLLOW THIS PLAN TO GET IRONMAN-RACE-READY IN LESS THAN 11 HOURS PER WEEK

**6 to 11 hours training per week**

**IRONMAN: TIME POOR**

**TRAINING ZONES**

**Using These** training tones will help you train at the right intensity for each session. This helps develop specific aspects of your fitness as well as making sure you don’t overdo it.

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. These training zones are only a guide, so don’t worry about being overly precise with heart rates because they’ll fluctuate anyway. It’s good to be mindful of your intensity but it’s even more important that you get out there and enjoy your training.

**Zone 1:** Recovery

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

**Zone 2:** 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:** Tempo

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

**Zone 4:** Race Tempo

80 to 90% of max. Hard pace. Sustainable, but requires real focus.

**KEY:**

**WU:** Warm up

**WD:** Warm down

**Main:** Main set

**Ft:** Front crawl

**Kc:** Kick with a float held out in front of you

**P:** Pull

**Ft:** Pull with flat feet

**Ri:** Rest interval

**Bc:** Backstroke

**Br:** Breaststroke

**Bd:** Band

**St:** Stay seated

**DOg:** Dog paddle

**Scl:** SCULL

These training zones are only a guide, so don’t worry about being overly precise with heart rates because they’ll fluctuate anyway. It’s good to be mindful of your intensity but it’s even more important that you get out there and enjoy your training.

**Stay in the training zone with Triathlon Plus**

**Fold 1**

**12-Week**

**WEEK 01**

**Sun**

Swim 2.20km

Technique session

**Main**

Endurance ride in Zone 2

Run 40mins

Muscular endurance session

**Main**

Rest day

**Mon**

Swim 2.20km

Technique session

**Main**

Endurance ride in Zone 2

Run 40mins

Muscular endurance session

**Main**

Rest day

**Tue**

Swim 2.20km

Technique session

**Main**

Endurance ride in Zone 2

Run 40mins

Muscular endurance session

**Main**

Rest day

**Wed**

Swim 2.20km

Technique session

**Main**

Endurance ride in Zone 2

Run 1hr 15mins

Endurance run in Zone 2

**Thur**

Swim 2.20km

Technique session

**Main**

Endurance ride in Zone 2

Run 1hr 15mins

Endurance run in Zone 2

**Fri**

Swim 2.20km

Technique session

**Main**

Endurance ride in Zone 2

Run 1hr 15mins

Endurance run in Zone 2

**Sat**

Bike 90mins

Muscular endurance session

**Main**

Rest day

**Sun**

Bike 2hours 30

Endurance ride in Zone 2

**Fold 2**

**WEEK 02**

**Sun**

Swim 2.20km

Technique session

**Main**

Endurance ride in Zone 2

Run 40mins

Muscular endurance session

**Main**

Rest day

**Mon**

Swim 2.20km

Technique session

**Main**

Endurance ride in Zone 2

Run 40mins

Muscular endurance session

**Main**

Rest day

**Tue**

Swim 2.20km

Technique session

**Main**

Endurance ride in Zone 2

Run 40mins

Muscular endurance session

**Main**

Rest day

**Wed**

Swim 2.20km

Technique session

**Main**

Endurance ride in Zone 2

Run 1hr 15mins

Endurance run in Zone 2

**Thur**

Swim 2.20km

Technique session

**Main**

Endurance ride in Zone 2

Run 1hr 15mins

Endurance run in Zone 2

**Fri**

Swim 2.20km

Technique session

**Main**

Endurance ride in Zone 2

Run 1hr 15mins

Endurance run in Zone 2

**Sat**

Bike 90mins

Muscular endurance session

**Main**

Rest day

**Sun**

Bike 2hours 30

Endurance ride in Zone 2

**WEEK 03**

**Sun**

Swim 2,400m

Technique session

**Main**

Endurance ride in Zone 2

Run 30mins

Muscular endurance session

**Main**

Rest day

**Mon**

Swim 2,400m

Technique session

**Main**

Endurance ride in Zone 2

Run 30mins

Muscular endurance session

**Main**

Rest day

**Tue**

Bike 2x10mins in Zone 3 (+3mins RI)

**Main**

Endurance ride in Zone 2

Run 50mins

Muscular endurance session

**Main**

Rest day

**Wed**

Bike 2x10mins in Zone 3 (+3mins RI)

**Main**

Endurance ride in Zone 2

Run 50mins

Muscular endurance session

**Main**

Rest day

**Thur**

Swim 2,500m

Endurance session

**Main**

Rest day

**Fri**

Run 8x (25m SCULL, 25m FC) +20secs RI. 2x400m N/S

**Main**

Rest day

**Sat**

Run 8x (25m SCULL, 25m FC) +20secs RI. 2x400m N/S

**Main**

Rest day

**Sun**

Run 1hr 30mins

Endurance run in Zone 2

**WEEK 04**

**Sun**

Swim 2,000m

Technique session

**Main**

Endurance ride in Zone 2

Run 30mins

Muscular endurance session

**Main**

Rest day

**Mon**

Swim 2,000m

Technique session

**Main**

Endurance ride in Zone 2

Run 30mins

Muscular endurance session

**Main**

Rest day

**Tue**

Bike 400m

Muscular endurance session

**Main**

Rest day

**Wed**

Bike 400m

Muscular endurance session

**Main**

Rest day

**Thur**

Swim 2,500m

Endurance session

**Main**

Rest day

**Fri**

Run 1hr 30mins

Endurance run in Zone 2

**Sat**

Bike 90mins

Muscular endurance session

**Main**

Rest day

**Sun**

Bike 2hours 30

Endurance ride in Zone 2

**Triathlon Plus**

**March 2012**

**triradar.com**
THE PLAN  IRONMAN: TIME RICH

TRAINING ZONES

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Tools like cycle power meters and GPS watches will also help track your training progress, but they’re not essential for these plans. These training zones are only a guide, so don’t worry about being overly precise with heart rates because they’ll fluctuate anyway. It’s good to be mindful of your intensity but it’s even more important that you get out there and enjoy your training.

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ZONE 2: Steady
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ZONE 3: Tempo
75% to 80% of max. Fairly hard but sustainable pace.

ZONE 4: Race tempo
80 to 90% of max. Hard pace. Sustainable, but requires real focus.

KEY: WU Warm up, WD Warm down, MAIN Main set, FC Front crawl, KICK Kick with a float held out in front of you, PULL Front crawl with a pull float between thighs, RI Rest interval, BACK Backstroke, BREAST Breaststroke, 1-ARM Front crawl using one arm only N/S Negative split — swim the 2nd half faster than the first, FORB Drag your fingers along the surface during the FC

TRIATHLON PLUS

STAY IN THE TRAINING ZONE WITH TRIATHLON PLUS

MARCH 2012
**Week 05**

- **Monday**
  - AM Swim 2.00m in Zone 1
  - PM Weights 30 mins
- **Tuesday**
  - Run 8 x 350m
  - AM Swim 2.00m in Zone 1
  - PM Weights 30 mins
- **Wednesday**
  - Bike 45 minutes
  - AM Swim 2.00m in Zone 1
  - PM Weights 30 mins
- **Thursday**
  - Rest day
- **Friday**
  - Bike 2 hours
  - AM Swim 2.00m in Zone 1
  - PM Weights 30 mins
- **Saturday**
  - Bike 2 hours
  - AM Swim 2.00m in Zone 1
  - PM Weights 30 mins
- **Sunday**
  - Rest day

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**Week 06**

- **Monday**
  - AM Swim 2.00m in Zone 1
  - PM Weights 30 mins
- **Tuesday**
  - Run 8 x 350m
  - AM Swim 2.00m in Zone 1
  - PM Weights 30 mins
- **Wednesday**
  - Bike 45 minutes
  - AM Swim 2.00m in Zone 1
  - PM Weights 30 mins
- **Thursday**
  - Rest day
- **Friday**
  - Bike 2 hours
  - AM Swim 2.00m in Zone 1
  - PM Weights 30 mins
- **Saturday**
  - Bike 2 hours
  - AM Swim 2.00m in Zone 1
  - PM Weights 30 mins
- **Sunday**
  - Rest day

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**Week 07**

- **Monday**
  - AM Swim 2.00m in Zone 1
  - PM Weights 30 mins
- **Tuesday**
  - Run 8 x 350m
  - AM Swim 2.00m in Zone 1
  - PM Weights 30 mins
- **Wednesday**
  - Bike 45 minutes
  - AM Swim 2.00m in Zone 1
  - PM Weights 30 mins
- **Thursday**
  - Rest day
- **Friday**
  - Bike 2 hours
  - AM Swim 2.00m in Zone 1
  - PM Weights 30 mins
- **Saturday**
  - Bike 2 hours
  - AM Swim 2.00m in Zone 1
  - PM Weights 30 mins
- **Sunday**
  - Rest day

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**Week 08**

- **Monday**
  - AM Swim 2.00m in Zone 1
  - PM Weights 30 mins
- **Tuesday**
  - Run 8 x 350m
  - AM Swim 2.00m in Zone 1
  - PM Weights 30 mins
- **Wednesday**
  - Bike 45 minutes
  - AM Swim 2.00m in Zone 1
  - PM Weights 30 mins
- **Thursday**
  - Rest day
- **Friday**
  - Bike 2 hours
  - AM Swim 2.00m in Zone 1
  - PM Weights 30 mins
- **Saturday**
  - Bike 2 hours
  - AM Swim 2.00m in Zone 1
  - PM Weights 30 mins
- **Sunday**
  - Rest day