

The plan

MY FIRST IRONMAN

PREPARE YOURSELF FOR THIS INFAMOUS ENDURANCE RACE WITH OUR EXPERT PLANS

Meet the expert

Phil Mosley

Coaching editor of *Triathlon Plus* Mosley has coached dozens of triathletes to Ironman success



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?

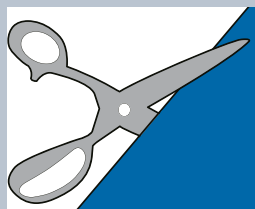
To start these Ironman training plans you should already be able to:

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

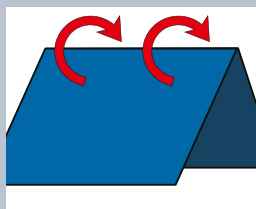


How it works

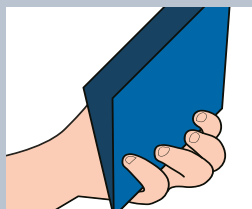
Get your guide ready to go



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





Triathlon
YOUR
12-WEEK
PLAN

6 to 11 hours training per week

IRONMAN

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

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, **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, **FDRAG** Drag your fingers along the surface during the FC arm-recovery, **FISTS** Swim FC with clenched fists, **DOG** doggy paddle, **SCULL** Kick with arms in front, sculling your hands sideways **BAND** Front crawl with a rubber band or inner-tube tied around ankles, **ANKLES** FC with pull float between ankles

STAY IN THE TRAINING ZONE WITH TRIATHLON PLUS

FOLD1

	WEEK 01	WEEK 02
Mon	Swim 2,000m Technique session WU 300m FC, 200m KICK, 100m PULL + 20secs RI MAIN 4x50m 1-ARM, 200m N/S, 4x50m FDRAG, 200m N/S, 4x50m FISTS, 200m N/S WD 200m easy FC or BACK	Swim 2,000m Technique session WU 200m FC, 200m PULL, 100m KICK + 20secs RI MAIN 8x50mas (25m FDRAG, 25m FC) + 60secs RI, 1x400m in Z3 (+15secs RI), 2x200m in Z3 (+15secs RI), 2x100m in Z3 WD 100m easy FC or BACK
Tue	Run 40mins Muscular endurance session WU 10mins in Z2 MAIN 2x10mins in Z3 (+3mins RI) WD 7mins in Z2	Run 40mins Muscular endurance session WU 10mins in Z2 MAIN 20mins in Z3 WD 10mins in Z2
Wed	Rest day	
Thur	Run 1 hour Endurance run in Zone 2	Run 1 hour 15mins Endurance run in Zone 2
Fri	Swim 2,000m Endurance session WU 300m FC, 200m KICK, 100m PULL + 20secs RI MAIN 100m FC in Z2 + 10secs RI, 200m PULL in Z2 + 20secs RI, 300m FC in Z2 + 30secs RI, 400m PULL in Z2 WD 400m easy FC or BACK	Swim 2,100m Endurance session WU 200m FC, 200m KICK, 200m drill of choice MAIN 6x75m FC in Z3 + 10secs RI, 400m PULL in Z2 + 30secs RI, 6x50m FC in Z3 + 10secs RI, 200m PULL in Z2 WD 150m FC in Z1
Sat	Bike 90mins Muscular endurance WU 30mins in Z2 MAIN 30mins in Z2. Stay seated on climbs	Bike 90mins Muscular endurance WU 30mins in Z2 MAIN 30mins in Z3 WD 30mins in Z2. Stay seated on climbs
Sun	Bike 2 hours 30 Endurance ride in Z2	Bike 3 hours Endurance ride in Z2

	WEEK 03 RECOVERY WEEK	WEEK 04
Mon	Swim 2,400m Technique session WU 2x(150m FC, 100m KICK, 50m PULL) MAIN 4x(25m DOG, 25m FC, 25m FISTS, 25m FC, 25m SCULL, 25m FC) + 20secs RI, 2x400m N/S + 30secs RI WD 400m easy FC or BACK	Swim 2,900m Technique session WU 300m FC, 200m KICK, 200m FC MAIN 3x(300m PULL in Z3 + 30secs RI, 100m FC in Z2 + 20secs RI, 100m FC in Z3 + 20secs RI, 100m FC in Z4 + 20secs RI) WD 400m easy FC or BACK
Tue	Run 30mins Muscular endurance WU 10mins in Z2 MAIN 10mins in Z3 WD 10mins in Z2	Run 50mins Muscular endurance session WU 10mins in Z2 MAIN 2x15mins in Z3 (+3mins RI) WD 7mins in Z2
Wed	Bike 35mins (turbo trainer or outdoor) Muscular endurance WU 10mins in Z2 MAIN 2x9mins in Z3 (+2mins RI) WD 4mins in Z2	Swim 2,500m Strength session WU 2x250m FC, 100m KICK, 200m PULL MAIN 8x(25m SCULL, 25m FC) + 10secs RI, 100m PULL in Z4 + 10secs RI, 200m FC in Z3 + 10secs RI, 300m PULL in Z2 + 30secs RI, 200m FC in Z3 + 20secs RI, 100m FC in Z4 WD 400m FC in Z1
Thur	Swim 2,000m Strength session WU 300m FC, 100m KICK, 4x50m BUILD (+15secs RI) MAIN 200m BAND + 20secs RI, 300m ANKLES + 30secs RI, 400m PULL + 40secs RI, 200m FC WD 200m FC, 100m KICK	Run 1 hour 30mins Endurance run in Zone 2
Fri	Rest day	
Sat	Run 50mins Endurance run in Z2	Bike 90mins Muscular endurance WU 30mins in Z2 MAIN 40mins in Z3 WD 20mins in Z2. Stay seated on climbs
Sun	Bike 2 hours Endurance ride in Z2	Bike 3 hours 30mins Endurance ride in Z2

WEEK 05

WEEK 06 RECOVERY WEEK

WEEK 07

WEEK 08

Mon

Swim 2,500m
Technique session **WU** 3x300m as 100m FC, 100m KICK, 100m PULL **MAIN** 8x50mas (25m FISTS, 25m FC), 3x (150m FC in Z2, 100m FC in Z3, 50m FC in Z4) +20secs RI. **WD** 300m easy FC or BACK

Swim 2,000m Muscular endurance session **WU** 200m FC, 200m KICK, 200m PULL **MAIN** 6x100m FC in Z3 +20secs RI, 6x25m FISTS +5secs RI, 4x100m FC +20secs RI, 6x25m FDRAG +5secs RI **WD** 100m easy FC or BACK

Mon

Swim 3,000m Muscular endurance pool session OR preferably open-water swim in Z3 **WU** 100m FC, 100m KICK, 100m FDRAG, 100m PULL, 6x50m KICK **MAIN** 6x100m FC in Z3 +20secs RI, 300m PULL in Z1, 4x100m FC in Z3 +20secs RI, 300m PULL in Z1, 2x100m FC in Z3 +20secs RI **WD** 500m easy FC or BACK

Swim 3,000m
Muscular endurance pool session OR preferably open-water swim in Z3 **WU** 400m FC, 8x25m SCULL **MAIN** 2x(4x75m FC in Z2, 4x75m FC in Z4, 4x75m FC in Z3 +15secs RI), 400m PULL in Z3 **WD** 200m easy FC or BACK

Tue

Run 50mins
Muscular endurance session **WU** 10mins in Z2 **MAIN** 30mins in Z3 **WD** 10mins in Z2

Run 30mins
Muscular endurance **WU** 10mins in Z2 **MAIN** 10mins in Z3 **WD** 10mins in Z2

Tue

Run 1 hour
Muscular endurance **WU** 10mins in Z2 **MAIN** 2x20mins in Z3 (+3mins RI) **WD** 7mins in Z2

Run 1 hour
Muscular endurance **WU** 10mins in Z2 **MAIN** 40mins in Z3 **WD** 10mins in Z2

Wed

Rest day

Wed

Rest day

Thur

Run 1 hour 45mins
Endurance run in Zone 2

Swim 2,000m
Endurance session **WU** 400m FC, 400mas (25m FDRAG, 25m PULL) **MAIN** 400m PULL in Z2 +60secs RI, 100m FC in Z3 +20secs RI, 400m PULL in Z2 +60secs RI, 100m FC in Z3 **WD** 200m KICK

Thur

Bike 1 hour
Muscular endurance **WU** 10mins in Z2 **MAIN** 40mins in Z3 **WD** 10mins in Z2. Stay seated on climbs

Bike 1 hour
Muscular endurance **WU** 10mins in Z2 **MAIN** 40mins in Z3 **WD** 10mins in Z2. Stay seated on climbs

Fri

Swim 2,500m
Endurance session **WU** 800mas 2x(100m FISTS, 200m FC, 100m FDRAG) **MAIN** 800m FC in Z2, 100m BACK/BREAST, 400m PULL in Z2 **WD** 400m FC/PULL

Rest day

Fri

Swim 3,000m
Open-water or endurance pool session **WU** 300m FC, 100m KICK, 300m PULL, 100m KICK **MAIN** 10x50m FC in Z2 +5secs RI, 5x100m FC in Z3 +10secs RI, 2x200m FC in Z2 +20secs RI, 400m FC in Z3 **WD** 200m KICK, 200m PULL all in Z1

Swim 2,000m
Open-water (preferably) or non-stop pool swim in Z2

Sat

Bike 90mins Muscular endurance **WU** 30mins in Z2 **MAIN** 2x20mins in Z3 (+5mins RI) **WD** 15mins in Z2. Stay seated on climbs

Run 1 hour
Endurance run in Z2

Sat

AM Run 2 hours Endurance run in Z2. Test all race kit, nutrition and equipment
PM Swim (optional) 25mins Open-water swim in Z2

AM Run 2 hours Endurance run in Z2. Test all race kit, nutrition and equipment
PM Swim (optional) 25mins Open-water swim in Z2

Sun

Bike 4 hours
Endurance ride in Z2

Bike 2 hours
Endurance ride in Z2

Sun

Brick 4 hours 30mins
Bike 4 hours 15mins endurance ride in Z2, into run 15mins in Z2. Test all race kit, nutrition and equipment

Brick 4 hours 30mins.
Bike 4 hours 15mins endurance ride in Z2, into run 15mins in Z2. Test all race kit, nutrition and equipment

FOLD 1

WEEK 09 RACE TRIAL WEEK

WEEK 10 TAPER WEEK 1

WEEK 11 TAPER WEEK 2

WEEK 12 RACE WEEK

Mon

Swim 2,000m Muscular endurance pool/open-water swim in Z3 **WU** 200m FC, 200m FDRAG, 200m FC, 200m KICK **MAIN** 4x100m FC in Z3 +30secs RI, 4x50m PULL in Z3 +15secs RI, 4x100m FC in Z3 +30secs RI **WD** 200m easy FC

Rest day

Mon

Swim 2,000m Muscular endurance swim in Z3 **WU** 400m FC, 200m KICK, 200m PULL, 100m FC **MAIN** 4x100m FC in Z3 +20secs RI, 4x50m PULL in Z2 +10secs RI, 3x100m FC in Z3 +20secs RI **WD** 200 PULL in Z1

Swim 1500m
Easy swim

Tue

Rest day

Tue

Run 40mins
Muscular endurance **WU** 10mins in Z2 **MAIN** 20mins in Z3 **WD** 10mins in Z2

Run 30mins in Z2

Wed

BRICK 60mins Bike 45mins (turbo trainer or outdoor) as **WU** 10mins in Z2 **MAIN** 2x9mins in Z3 (+2mins RI) **WD** 4mins in Z2 into Run 15mins in Z2

Bike 45mins Anaerobic endurance **WU** 10mins in Z2 **MAIN** 6x3mins in Z4 (+2mins RI) **WD** 7mins in Z2

Wed

Rest day

Bike 1 hour in Z2

Thur

Swim 3,000m Open-water (preferably) or non-stop pool swim in Z2

Swim 2,500m Muscular endurance pool session **WU** 400m FC, 8x25m drill of choice **MAIN** 6x50m FC in Z3 +15secs RI, 2x150m PULL in Z2, 6x75m FC in Z3 +15secs RI, 300m PULL in Z2, 6x50m FC in Z3 +15secs RI **WD** 250m PULL in Z1

Thur

Bike 45mins
Anaerobic endurance **WU** 10mins in Z2 **MAIN** 6x3mins in Z4 (+2mins RI) **WD** 7mins in Z2

Swim 1500m
Open-water (preferably) or endurance pool session

Fri

Rest day

Run 40mins Muscular endurance **WU** 10mins in Z2 **MAIN** 20mins in Z3 **WD** 10mins in Z2

Fri

Swim 1500m
Open water (preferably) or non-stop pool session

Bike 45mins in Z2
Check your race-day bike

Sat

Bike century ride
100 miles in Z2. Test all race kit, nutrition and equipment

AM Run 90mins Endurance run in Z2. Test all race kit, nutrition and equipment
PM Swim (optional) 40mins Open-water or pool swim in Z2

Sat

AM Run 1 hour in Z2
PM Swim (optional) 25mins Open-water swim in Z2

Rest day

Sun

Run 20 miles
Run in Z2. Test all race kit, nutrition and equipment

Brick 3 hours 15mins
Bike 3 hours endurance ride in Z2, into Run 15mins in Z2. Test all race kit, nutrition and equipment

Sun

Brick 2 hours 15mins
Bike 2 hours in Z2 into Run 15mins in Z2

RACE DAY



Triathlon PLUS
YOUR
12-WEEK
PLAN

FOLD 2

TRAINING ZONES

USING THESE Training Zones 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, **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, **FDRAG** Drag your fingers along the surface during the FC arm-recovery, **FISTS** Swim FC with clenched fists, **DOG** doggy paddle, **SCULL** Kick with arms in front, sculling your hands sideways **BAND** Front crawl with a band tied around ankles, **ANKLES** FC with pull float between ankles

STAY IN THE TRAINING ZONE WITH TRIATHLON PLUS

7 to 15 hours training per week

IRONMAN

TRAIN FOR AN IRONMAN WITH THIS TRAINING PLAN, WHICH TAKES UP TO 15 HOURS PER WEEK

FOLD 1

WEEK 01

WEEK 02

Day	WEEK 01	WEEK 02
Mon	AM Swim 2,000m Technique WU 300m FC, 200m KICK, 100m PULL +20secs RI MAIN 4x50m 1-ARM, 200m N/S, 4x50m FDRAG, 200m N/S, 4x50m FISTS, 200m N/S WD 200m easy FC or BACK PM Weights 30mins WU 5mins rowing machine or indoor cycle MAIN 2x20reps, light or no resistance: Squats, hamstring curls, tricep dips, chin-ups, press-ups, lat pull downs	AM Swim 2,000m Technique session WU 200m FC, 200m PULL, 100m KICK +20secs RI MAIN 8x50mas (25m FDRAG, 25m FC) +60secs RI 1x400m in Z3 (+15secs RI), 2x200m in Z3 (+15secs RI), 2x100m in Z3 WD 100m easy FC or BACK PM Weights 30mins WU 5mins rowing machine or indoor cycle MAIN 2x20reps, light or no resistance: Squats, hamstring curls, tricep dips, chin-ups, press-ups, lat pull-downs
Tue	Run 40mins Muscular endurance session WU 10mins in Z2 MAIN 2x10mins in Z3 (+3mins RI) WD 7mins in Z2	Run 40mins Muscular endurance session WU 10mins in Z2 MAIN 10mins in Z3 WD 10mins in Z2
Wed	AM Swim 2,300m Strength session WU 200m FC, 100m KICK, 200m PULL, 100m FC MAIN 400m (alternating 50m FC, 25m KICK), 3x (200m PULL, 100m KICK in Z3) +30secs RI WD 400m BACK/BREAST PM Bike 50mins (turbo trainer or outdoor) Muscular endurance WU 10mins in Z2 MAIN 2x15mins in Z3 (+3mins RI) WD 7mins in Z2	AM Swim 2000m Strength session WU 300m FC, 100m KICK, 4x50m BUILD +15secs RI MAIN 4x50m FC in Z4 +15secs RI , 200m PULL in Z2 +20secs RI , 2x50m FC in Z4 +15secs RI , 200m PULL in Z2, 4x50m FC in Z4 +15secs RI WD 200m FC, 100m KICK, 200m PULL PM Bike 45mins (turbo trainer or outdoor) Muscular endurance WU 10mins in Z2 MAIN 3x9mins in Z3 (+2mins RI) WD 4mins Z2
Thu	Run 1 hour 15mins Endurance run in Zone 2	Run 1 hour 15mins Endurance run in Zone 2
Fri	AM Swim 2,000m Endurance session WU 300m FC, 200m KICK, 100m PULL +20secs RI MAIN 100m FC in Z2 +10secs RI , 200m PULL in Z2 +20secs RI , 300m FC in Z2 +30secs RI , 400m PULL in Z2 WD 400m easy FC or BACK PM Run 40mins in Z2. Choose a route with as many hills as possible	AM Swim 2000m Endurance session WU 200m FC, 200m KICK, 200m drill of choice MAIN 6x75m FC in Z3 +10secs RI , 400m PULL in Z2 +30secs RI , 6x50m FC in Z3 +10secs RI , 200m PULL in Z2 WD 150m FC in Z1 PM Run 40mins in Z2. Choose a route with as many hills as possible
Sat	Bike 90mins Muscular endurance WU 30mins in Z2 MAIN 30mins in Z3 WD 30mins in Z2. Stay seated on climbs	Bike 90mins Muscular endurance WU 30mins in Z2 MAIN 30mins in Z3 WD 30mins in Z2. Stay seated on climbs
Sun	Bike 3hours Endurance ride in Z2	Bike 3hours Endurance ride in Z2

WEEK 03 RECOVERY WEEK

WEEK 04

Day	WEEK 03 RECOVERY WEEK	WEEK 04
Mon	AM Swim 2,400m Technique session WU 2x150m FC, 100m KICK, 50m PULL MAIN 4x (25m DOG, 25m FC, 25m FISTS, 25m FC, 25m SCULL, 25m FC) +20secs RI , 2x400m N/S +30secs RI WD 400m easy FC or BACK PM Weights 30mins WU 5mins rowing machine or indoor cycle MAIN 2x20reps, light or no resistance: Squats, hamstring curls, tricep dips, chin ups, press ups, lat pull downs	AM Swim 2,500m Technique WU 300m FC, 200m KICK, 200m FC MAIN 3x (300m PULL in Z3 +30secs RI , 100m FC in Z2 +20secs RI , 100m FC in Z3 +20secs RI , 100m FC in Z4 +20secs RI) WD 400m easy FC or BACK PM Weights 30mins WU 5mins rowing machine/indoor cycle MAIN 2x25 chin-ups, press-ups, tricep dips, 2x8-16reps of lat pull-downs, squats, hamstring curls with heavy weights. Increase resistance next week if you get to 16reps
Tue	Run 30mins Muscular endurance WU 10mins in Z2 MAIN 10mins in Z3 WD 10mins in Z2	Run 50mins Muscular endurance session WU 10mins in Z2 MAIN 2x15mins in Z3 (+3mins RI) WD 7mins in Z2
Wed	Bike 45mins (turbo trainer or outdoor) Muscular endurance WU 10mins in Z2 MAIN 2x9mins in Z3 (+2mins RI) WD 4mins in Z2	AM Swim 2,500m Strength session WU 2x250m FC, 100m KICK, 200m PULL MAIN 8x (25m SCULL, 25m FC) +10secs RI , 100m PULL in Z4 +10secs RI , 200m FC in Z3 +10secs RI , 300m PULL in Z2 +30secs RI , 200m FC in Z3 +20secs RI , 100m FC in Z4 WD 400m FC in Z1 PM Bike 1hour (turbo trainer or outdoor) Muscular endurance WU 10mins in Z2 MAIN 2x20mins in Z3 (+3mins RI) WD 7mins in Z2
Thu	Swim 2,000m Strength session WU 300m FC, 100m KICK, 4x50m BUILD (+15secs RI) MAIN 200m BAND +20secs RI , 300m ANKLES +30secs RI , 400m PULL +40secs RI , 200m FC WD 200m FC, 100m KICK	Run 1 hour 30mins Endurance run in Zone 2
Fri	Rest day	AM Swim 2,500m Endurance WU 400mas (25m KICK, 50m FC), 400mas 25m drill of choice, 25m FC MAIN 400m FC N/S +60secs RI , 50m BACK, 300m PULL in Z3 +40secs RI , 50m BREAST, 200m FC in Z3 +20secs RI , 50m BACK, 200m PULL in Z3, 50m BREAST WD 400m FC/PULL in Z1 PM Run 40mins Hilly run in Z2
Sat	Run 1 hour 15mins Endurance run in Z2	Bike 90mins Muscular endurance WU 30mins in Z2 MAIN 40mins in Z3 WD 20mins in Z2. Stay seated on climbs
Sun	Bike 2hours Endurance ride in Z2	Bike 3hours 30mins Endurance ride in Z2

WEEK 05

WEEK 06 RECOVERY WEEK

Mon	AM Swim 2,500m Technique session WU 3x300mas (100m FC, 100m KICK, 100m PULL) MAIN 8x50mas (25m FISTS, 25m FC), 3x (150m FC in Z2, 100m FC in Z3, 50m FC in Z4) +20secs RI WD 300m easy FC or BACK PM Weights 30mins WU 5mins rowing machine or indoor cycle MAIN 2x25 chin-ups, press-ups, tricep dips, 2x8-16 reps of lat pull-downs, squats, hamstring curls with heavy weights**
Tue	Run 50mins Muscular endurance session WU 10mins in Z2 MAIN 30mins in Z2
Wed	AM Swim 2,500m Strength session WU 300m FC, 100m KICK, 300m PULL, 100m KICK MAIN 400m ANKLES in Z2 +45secs RI, 100m BAND +15secs RI, 400m PULL +45secs RI, 100m FISTS, 400m FC in Z2, 100m I-ARM, WD 200m easy FC/BACK PM Bike 1hour (turbo trainer or outdoor) Muscular endurance WU 10mins in Z2 MAIN 10mins, 9mins, 8mins, 7mins in Z3 (+2mins RI) WD 10mins in Z2
Thu	Run 1hour 45mins Endurance run in Zone 2
Fri	AM Swim 2,500m Endurance session WU 800mas 2x (100m FISTS, 200m FC, 100m FDRAG) MAIN 900m FC in Z2, 100m BACK/BREAST, 400m PULL in Z2 WD 400m FC/PULL PM Run 40mins in Z2. Choose a route with as many hills as possible
Sat	Bike 90mins Muscular endurance WU 30mins in Z2 MAIN 2x20mins in Z3 (+5mins RI) WD 15mins in Z2. Stay seated on climbs
Sun	Bike 4hours endurance ride in Z2

Mon	AM Swim 2,000m Muscular endurance session WU 200m FC, 200m KICK, 200m PULL MAIN 6x100m FC in Z3 +20secs RI, 6x25m FISTS +5secs RI, 4x100m FC +20secs RI, 6x25m FDRAG +5secs RI WD 100m easy FC or BACK PM Weights 30mins WU 5mins rowing machine or indoor cycle MAIN 2x20 reps, light or no resistance: Squats, hamstring curls, tricep dips, chin-ups, press-ups, lat pull-downs
Tue	Run 30mins Muscular endurance WU 10mins in Z2 MAIN 10mins in Z3 WD 10mins in Z2
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Thu	Swim 2,000m Endurance session WU 400m FC, 400mas (25m FDRAG, 25m PULL) MAIN 400m PULL in Z2 +60secs RI, 100m FC in Z3 +20secs RI, 400m PULL in Z2 +60secs RI, 100m FC in Z3 WD 200m KICK
Fri	Rest day
Sat	Run 1hour 15mins Endurance run in Z2
Sun	Bike 2 hours Endurance ride in Z2

FOLD 2

WEEK 07

WEEK 08

Mon	AM Swim 3,000m Muscular endurance pool session OR ideally open-water swim in Z3 WU 100m FC, 100m KICK, 100m FDRAG, 100m PULL, 6x50m KICK MAIN 6x100m FC in Z3 +20secs RI, 300m PULL in Z1, 4x100m FC in Z3 +20secs RI, 300m PULL in Z1, 2x100m FC in Z3 +20secs RI WD 500m easy PM Weights 30mins WU 5mins indoor rower/cycle MAIN 2x25 chin-ups, press-ups, tricep dips, 2x8-16 reps of lat pull-downs, squats, hamstring curls with heavy weights*
Tue	Run 1hour Muscular endurance WU 10mins in Z2 MAIN 2x20mins in Z3 (+3mins RI) WD 7mins in Z2
Wed	AM Swim 3,000m Open-water or strength pool session OR 200m FC, 100m KICK, 200m PULL, 100m KICK MAIN 400mas (50m FC/25m KICK), 8x50m PULL in Z3 +15secs RI, 4x100m KICK as 50m easy, 50m hard +20secs RI, 400m PULL in Z3, 4x100m ANKLES Z2 +30secs RI WD 400m FC/BACK/BREAST PM Bike 45mins Anaerobic endurance WU 10mins Z2 MAIN 6x3mins Z4 (+2mins RI) WD 7mins Z2
Thu	Bike 1hour Muscular endurance WU 10mins in Z2 MAIN 40mins in Z3 WD 10mins in Z2. Stay seated on climbs
Fri	AM Swim 3,000m Open-water (preferably) or endurance pool session WU 300m FC, 100m KICK, 300m PULL, 100m KICK MAIN 10x50m FC in Z2 +5secs RI, 5x100m FC in Z3 +10secs RI, 2x200m FC in Z2 +20secs RI, 400m FC in Z3 WD 200m KICK, 200m PULL all in Z1 PM Run 40mins in Z2, as hilly as possible
Sat	AM Run 2 hours endurance run in Z2. Test all race kit, nutrition and equipment PM Swim (optional) 25mins Open-water swim in Z2
Sun	Brick 4 hours 30mins. Bike 4 hours 15mins endurance ride in Z2, into run 15mins in Z2. Test all race kit, nutrition and equipment

Mon	AM Swim 3,000m Muscular endurance pool session OR preferably open-water swim in Z3 WU 400m FC, 8x25m SCULL MAIN 2x (4x75m FC in Z2, 4x75m FC in Z4, 4x75m FC in Z3 +15secs RI), 400m PULL in Z3 WD 200m easy FC or BACK PM Weights 30mins WU 5mins indoor rower/cycle MAIN 2x25 chin-ups, press-ups, tricep dips, 2x8-16 reps of lat pull-downs, squats, hamstring curls with heavy weights.*
Tue	Run 1hour Muscular endurance WU 10mins in Z2 MAIN 40mins in Z3 WD 10mins in Z2
Wed	AM Swim 3,000m Open-water (preferably) or strength pool session WU 300m FC, 200m KICK, 300m PULL MAIN 2x (200m ANKLES in Z2 +20secs RI, 200m BAND in Z3 +20secs RI), 200m PULL in Z4 +20secs RI, 400mas (25m KICK, 50m FC in Z2), 2x100m KICK +20secs RI WD 400m easy FC PM Bike 45mins Anaerobic endurance WU 10mins in Z2 MAIN 6x3mins Z4 (+2mins RI) WD 7mins in Z2
Thu	Bike 1hour Muscular endurance WU 10mins in Z2 MAIN 40mins in Z3 WD 10mins in Z2. Stay seated on climbs
Fri	AM Swim 2,000m Open-water (preferably) or non-stop pool swim in Z2 PM Run 40mins in Z2. Choose a route with as many hills as possible
Sat	AM Run 2 hours Endurance run in Z2. Test all race kit, nutrition and equipment PM Swim (optional) 25mins Open-water swim in Z2
Sun	Brick 4 hours 30mins. Bike 4 hours 15mins endurance ride in Z2, into run 15mins in Z2. Test all race kit, nutrition and equipment



FOLD 1

** Increase the resistance in Week 7 if you get to 16 reps

* Increase the resistance the following week if you get to 16 reps

WEEK 09 RACE TRIAL WEEK

WEEK 10 TAPER WEEK 1

Mon	AM Swim 2,000m Muscular endurance pool session OR preferably open-water swim in Z3 WU 200m FC, 200m FDRAG, 200m FC, 200m KICK MAIN 4x100m FC in Z3 +30secs RI, 4x50m PULL in Z3 +15secs RI, 4x100m FC in Z3 +30secs RI WD 200m easy FC or BACK PM Weights 30mins WU 5mins rowing machine or indoor cycle MAIN 2x20 reps, light or no resistance: Squats, hamstring curls, tricep dips, chin-ups, press-ups, lat pull-downs
Tue	Rest day
Wed	BRICK 60mins. Bike 45mins (turbo trainer or outdoor) as WU 10mins in Z2 MAIN 2x30mins in Z3 (+2mins RI) WD 4mins in Z2 into run 15mins in Z2
Thu	Swim 3,000m Open-water (preferably) or non-stop pool swim in Z2
Fri	Rest day
Sat	Bike century ride 100 miles in Z2. Test all race kit, nutrition and equipment
Sun	Run 20 miles In Z2. Test all race kit, nutrition and equipment

Mon	Rest day
Tue	Rest day
Wed	Bike 45mins Anaerobic endurance WU 10mins in Z2 MAIN 6x3mins in Z4 (+2mins RI) WD 7mins in Z2
Thu	Swim 2,500m Muscular endurance pool session WU 400m FC, 8x25m drill MAIN 6x50m FC in Z3 +15secs RI, 2x150m PULL in Z2, 6x75m FC in Z3 +15secs RI, 300m PULL in Z2, 6x50m FC in Z3 +15secs RI WD 250m PULL in Z1
Fri	Run 40mins Muscular endurance WU 10mins in Z2 MAIN 20mins in Z3 WD 10mins in Z2
Sat	AM Run 90mins Endurance run in Z2. Test all race kit, nutrition and equipment PM Swim (optional) 40mins Open-water or pool swim in Z2
Sun	Brick 3 hours 15mins Bike 3 hours endurance ride in Z2, into run 15mins in Z2. Test all race kit, nutrition and equipment

WEEK 11 TAPER WEEK 2

WEEK 12 RACE WEEK

Mon	AM Swim 2,000m Muscular endurance pool session OR preferably open-water swim in Z3 WU 400m FC, 200m KICK, 200m PULL, 100m FC MAIN 4x100m FC in Z3 +20secs RI, 4x50m PULL in Z2 +10secs RI, 3x100m FC in Z3 +20secs RI WD 200m PULL in Z1 PM Weights 30mins WU 5mins rowing machine or indoor cycle MAIN 2x25 chin-ups, press-ups, tricep dips, 2x8-16 reps of lat pull-downs, squats, hamstring curls with heavy weights. Increase the resistance the following week if you get to 16 reps
Tue	Run 40mins Muscular endurance WU 10mins in Z2 MAIN 20mins in Z3 WD 10mins in Z2
Wed	AM Swim 2,000m Open-water (preferably) or strength pool session WU 200m FC, 100m KICK, 200m PULL, 100m FC MAIN 6x100m PULL alternating Z2 and Z4 +30secs RI, 3x100m ANKLES in Z3, 8x50m BAND +10secs RI WD 100m KICK PM Bike 45mins Anaerobic endurance WU 10mins in Z2 MAIN 6x3mins in Z4 (+2mins RI) WD 7mins in Z2
Thu	Bike 1hour Muscular endurance WU 20mins in Z2 MAIN 20mins in Z3 WD 20mins in Z2. Stay seated on climbs
Fri	AM Swim 1500m Open-water (preferably) or non-stop pool session PM Run 30mins in Z2. Choose a route with as many hills as possible
Sat	AM Run 1 hour in Z2. PM Swim (optional) 25mins Open-water swim in Z2
Sun	Brick 2 hours 15 Bike 2 hours in Z2, into run 15mins in Z2

Mon	Swim 1500m Easy swim
Tue	Run 30mins in Z2
Wed	Bike 1hour in Z2
Thu	Swim 1500m Open-water (preferably) or endurance pool session
Fri	Bike 45mins in Z2 Check your race-day bike
Sat	Rest day
Sun	RACE DAY

