

MON

TUE

WED

THU

FRI

SAT

SUN

WEEK

BIKE

Build 2 of 6 IRONMAN Specifics
 Mile - Trainer (Progressive TT, 90)
 Duration (P) 1:30:00
Workout Description
 20-min easy spin (10-min TT 170%)
 10-min easy
 5-min TT (200W) recovery
 5-min TT (200)
 5-min easy
 5-min all-out (1000) Easy Spin
 cooldown
 Rest 4 min

SWIM

Mile (200)
 Duration (P) 1:00:00
 Distance (P) 2000m
Workout Description
 600-swim (200 x 3)
 600-swim (200 x 3) swimming with the 100

 200-swim (200 x 1) float
 for 1:15 and 20-min (200 swim) 100
 strokes
 with pull-up (10 min) set timing
 200-swim (200 x 1) perfect
 technique
 200-swim (200 x 1)

RUN

Mile - Trainer (200)
 Duration (P) 0:45:00
Workout Description
 75-min easy warmup
 77-min Repeats (2 200 min @
 2:00 min @ 2:15) about the 75
 min interval on the 2.5 %

SWIM

1/2 Mile (200)
 Duration (P) 0:45:00
Workout Description
 1000 swim on
 7 rounds of 1 x 200 (100)
 200 pull-up
 200 pull-up swim
 400 pull
 200 kick

STRENGTH

Strength - Total Body
 Duration (P) 0:30:00
Workout Description
 70 push-ups (5000 plank)
 200 x 2 side planks
 10 push-ups 100 rest
 10 push-ups (5000 plank)
 200 x 2 side planks
 10 push-ups
 Mower (200) 1 x 10 pieces in
 each direction
 Squats (200) 1 x 10 min
 and slow

BRICK

Mile (200)
 Duration (P) 0:45:00
Workout Description Mostly
 steady riding with 1-10 minutes
 of strong effort mixed in to the
 session. This steady for 70-75
 between each strong effort

T Run
 20' of aerobic running within 10'
 of completing run

RUN

Mile - Steady
 Duration 1:00:00
Post Run Recovery Swims
 600FT with the swim up
 600FT Pull swim up
 600W with the swim up
 6 x 200 (2 x 100) (100%) (100%)
 20' 20'
 6 x 100FT (2000) 1 x 2000, 750,
 600, 300 x 20'
 6 x 200FT (2000) ... focus on
 technique + 10'

10

REST

Build & Begin Team
Workout Description
 Start putting 4 back 100 at once
 four 10 min each day
Key Off - Rest

SWIM

Mile (200)
 Duration (P) 1:00:00
Workout Description
 600-swim (200 x 3)
 600-swim (200 x 3) swimming with the 100
 200-swim (200 x 1) float
 for 1:15 and 20-min (200 swim) 100
 strokes
 with pull-up (10 min) set timing
 200-swim (200 x 1) perfect
 technique
 200-swim (200 x 1)

RUN

Mile - Trainer (200)
 Duration (P) 0:45:00
Workout Description
 75-min easy warmup
 77-min Repeats (2 200 min @
 2:00 min @ 2:15) about the 75
 min interval on the 2.5 %

SWIM

Mile - Race Prep (200)
 Duration (P) 0:45:00
Workout Description
 1000 swim on
 7 rounds of 1 x 200 (100)
 200 pull-up
 200 pull-up swim
 400 pull
 200 kick
 20' 20' on 10' pull-up swim 75
 min

STRENGTH

Strength - Total Body
 Duration (P) 0:30:00
Workout Description
 70 push-ups (5000 plank)
 200 x 2 side planks
 10 push-ups 100 rest
 10 push-ups (5000 plank)
 200 x 2 side planks
 10 push-ups
 Mower (200) 1 x 10 pieces in
 each direction
 Squats (200) 1 x 10 min
 and slow

BRICK

Mile - 2000 Duration (P) 0:45:00
Workout Description Mostly
 steady riding with 1 x 10 min
 intervals on each round as you
 need. Duration one day

T Run
 20' of aerobic running within 10'
 of completing run

RUN

Mile - Easy
 Duration 1:00:00
Post Run Recovery Swims
 600FT with the swim up
 600FT Pull swim up
 600W with the swim up
 6 x 200 (2 x 100) (100%) (100%)
 20' 20'
 6 x 100FT (2000) 1 x 2000, 750,
 600, 300 x 20'
 6 x 200FT (2000) ... focus on
 technique + 10'

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BIKE

Easy Steady
 If you do anything off the plan this
 week, do not think the cannot get
 any better

 1 hour ride
 Very easy ride (100) but 100W for
 1 min @ 100W effort on regular rest.

SWIM

Mile (200)
 Duration (P) 1:00:00
Workout Description
 600-swim (200 x 3)
 600-swim (200 x 3) swimming with the 100
 200-swim (200 x 1) float
 for 1:15 and 20-min (200 swim) 100
 strokes
 with pull-up (10 min) set timing
 200-swim (200 x 1) perfect
 technique
 200-swim (200 x 1)

RUN

600 running for 10'

SWIM

Mile (200)
 Duration (P) 0:45:00
Workout Description
 1000 swim on
 7 rounds of 1 x 200 (100)
 200 pull-up
 200 pull-up swim
 400 pull
 200 kick
 20' 20' on 10' pull-up swim 75
 min

PREP

10' Open Water Swims on course
 Practice sighting and weather
 take day

PREP

Custom - Pre - Race Tune-Up
 Duration (P) 0:45:00
Workout Description
 Get out and into the bike, checking
 the gears and all maintenance (10
 hours) for 30 minutes then get off
 for an easy 20 minutes on with
 200 minutes of riding. The steady
 to keep the blood flowing and
 calm pre-race nerves

RACE DAY

Good luck and happy racing!

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Ironman Training Guide

Léo Pomar



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