

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 170R)
 10 min easy
 5 min TT 200R (10 min easy)
 5 min easy
 5 min all out (100R) Easy spin
 cooldown
 Rest 4 min

SWIM

Mile 2000
 Duration (P) 1:00:00
 Distance (P) 2000m
Workout Description
 400 swim (20 x 20)
 400 swim (20 x 20) swimming pattern by 100
 200 swim (10 x 20) float
 400 swim (20 x 20) swim 100 strokes
 400 swim (20 x 20) set timing
 200 swim (10 x 20) perfect technique
 200 swim (10 x 20)

RUN

Mile - Trainer (100)
 Duration (P) 0:45:00
Workout Description
 75 min easy warmup
 11 min Repeats (2 200 min @ 2:15 min @ 2:15) about the 75 min warmup on the 2.5 %

SWIM

1/2 Mile (100)
 Duration (P) 0:45:00
Workout Description
 1000 swim (50 x 20) (10 min @ 2:15 min @ 2:15)
 200 pull (100 min @ 2:15 min @ 2:15)
 400 pull
 200 kick

STRENGTH

Strength - Total Body
 Duration (P) 0:30:00
Workout Description
 70 push-ups (30 sec plank)
 30 sec x 2 side planks
 10 push-ups (100 min)
 10 push-ups (30 sec plank)
 30 sec x 2 side planks
 10 push-ups
 Mower (10 min), 3 x 10 min in each direction
 Squats (10 min), 3 x 10 min and 10 min

BRICK

Mile 2000
 Duration (P) 1:00:00
Workout Description Mostly steady riding with 10-15 minutes of strong effort mixed in to the session. This steady for 70-80 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
 400R with 50 warm up
 400R pull warm up
 400R with 50 warm up
 8 x 200 (2 x 4 x "Fast" / "easy") 20' @ 2:15
 8 x 100R (swim) 1 x 200R, 70R, 80R, 90R @ 2:15
 8 x 200R "moderate" ... focus on technique @ 2:15

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REST

Build & Begin Team
Workout Description
 Start putting 4 back - 100 at once
 four of every week for
 Day Off - Rest

SWIM

Mile 2000
 Duration (P) 1:00:00
Workout Description
 400 swim (20 x 20)
 400 swim (20 x 20) swimming pattern by 100
 200 swim (10 x 20) float
 400 swim (20 x 20) swim 100 strokes
 400 swim (20 x 20) set timing
 200 swim (10 x 20) perfect technique
 200 swim (10 x 20)
 Pre activity comments
 To add make your swimmer to better than the first

RUN

Mile - Trainer (100)
 Duration (P) 0:45:00
Workout Description
 75 min easy warmup
 11 min Repeats (2 200 min @ 2:15 min @ 2:15) about the 75 min warmup on the 2.5 %

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 8 x 200R "moderate" ... focus on technique @ 2:15

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BIKE

Easy Steady
 If you do anything off the plan this week, do not think the cannot get any faster
 1 hour ride
 Very easy ride (100 min) but 100R @ 2 min @ 2:15 min effort on repeat end.

SWIM

Mile 2000
 Duration (P) 1:00:00
Workout Description
 400 swim (20 x 20)
 400 swim (20 x 20) swimming pattern by 100
 200 swim (10 x 20) float
 400 swim (20 x 20) swim 100 strokes
 400 swim (20 x 20) set timing
 200 swim (10 x 20) perfect technique
 200 swim (10 x 20)

RUN

400R running for 10'

SWIM

Mile 2000
 Duration (P) 1:00:00
 Distance (P) 2000m
Workout Description
 400 swim (20 x 20)
 400 swim (20 x 20) swimming pattern by 100
 200 swim (10 x 20) float
 400 swim (20 x 20) swim 100 strokes
 400 swim (20 x 20) set timing
 200 swim (10 x 20) perfect technique
 200 swim (10 x 20)

PREP

10' Open Water Swims in course
 Practice sighting and weather
 take 10'

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 to be done for 30 minutes then get off for an easy 20 minutes on with 30 minutes of running. The aim is to keep the blood flowing and calm pre-race nerves

RACE DAY

Good luck and happy racing!

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Ironman Training Guide

Clemens Wendtner



Ironman Training Guide:

Ironman Training Guide Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Ironman Training Guide**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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