

IRON DISTANCE - MONTHS 1-3

TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

PART 1 - BUILDING BLOCKS

WEEK ONE	INTERVAL SWIM Total = 1,000m Main set (MS) = 6 x 50m @ PE 8	TEMPO BIKE 40mins MS = 2 x 8mins @ PE 7-8	INTERVAL RUN 35mins MS = 4 x 2mins @ PE 8-9	AEROBIC SWIM 800m @ PE 5-6	AEROBIC BIKE 40km @ PE 5-6	AEROBIC RUN 8km @ PE 5-6
WEEK TWO	INTERVAL SWIM Total = 1,000m MS = 4 x 100m @ PE 8	INTERVAL BIKE 40mins MS = 6 x 2mins @ PE 8-9	TEMPO RUN 35mins MS = 2 x 6mins @ PE 7-8	AEROBIC SWIM 1,000m @ PE 5-6	AEROBIC BIKE 45km @ PE 5-6	AEROBIC RUN 10km @ PE 5-6
WEEK THREE	INTERVAL SWIM Total = 1,200m MS = 8 x 50m @ PE 8	TEMPO BIKE 45mins MS = 2 x 10mins @ PE 7-8	INTERVAL RUN 40mins MS = 5 x 2mins @ PE 8-9	AEROBIC SWIM 1,200m @ PE 5-6	AEROBIC BIKE 50km @ PE 5-6	AEROBIC RUN 12km @ PE 5-6
WEEK FOUR	INTERVAL SWIM Total = 1,200m MS = 5 x 100m @ PE 8	INTERVAL BIKE 45mins MS = 7 x 2mins @ PE 8-9	TEMPO RUN 40mins MS = 2 x 7mins @ PE 7-8	AEROBIC SWIM 1,000m @ PE 5-6	AEROBIC BIKE 40km @ PE 5-6	AEROBIC RUN 10km @ PE 5-6

PART 2 - BUILD THE VOLUME

WEEK ONE	INTERVAL SWIM Total = 1,300m Main set (MS) = 4 x 75m, 4 x 50m @ PE 8	TEMPO BIKE 45mins MS = 3 x 6mins @ PE 7-8	INTERVAL RUN 45mins MS = 6 x 90secs @ PE 8-9	AEROBIC SWIM 1,000m @ PE 5-6	AEROBIC BIKE 50km @ PE 5-6	AEROBIC RUN 11km @ PE 5-6
WEEK TWO	INTERVAL SWIM Total = 1,300m MS = 6 x 100m @ PE 8	INTERVAL BIKE 45mins MS = 8 x 90secs @ PE 8-9	TEMPO RUN 40mins MS = 3 x 5mins @ PE 7-8	AEROBIC SWIM 1,200m @ PE 5-6	AEROBIC BIKE 55km @ PE 5-6	AEROBIC RUN 12km @ PE 5-6
WEEK THREE	INTERVAL SWIM Total = 1,500m MS = 4 x 100m @ PE 8 8 x 25m @ PE 9	TEMPO BIKE 50mins MS = 3 x 8mins @ PE 7-8	INTERVAL RUN 45mins MS = 6 x 2mins @ PE 8-9	AEROBIC SWIM 1,400m @ PE 5-6	AEROBIC BIKE 60km @ PE 5-6	AEROBIC RUN 13km @ PE 5-6
WEEK FOUR	INTERVAL SWIM Total = 1,500m MS = 8 x 100m @ PE 8	INTERVAL BIKE 50mins MS = 10 x 90secs @ PE 8-9	TEMPO RUN 45mins MS = 3 x 6mins @ PE 7-8	AEROBIC SWIM 1,000m @ PE 5-6	AEROBIC BIKE 40km @ PE 5-6	AEROBIC RUN 10km @ PE 5-6

PART 3 - ADD TIME TRIALS

WEEK ONE	TIME-TRIAL SWIM 1,900m Include warm-up & cool-down	TEMPO BIKE Total = 1hr MS = 4 x 6mins @ PE 7-8	INTERVAL RUN Total = 45mins MS = 4 x 2mins @ PE 8-9; 4 x 1min @ PE 8	AEROBIC SWIM 1,400m @ PE 5-6	AEROBIC BIKE 50km. Create a 50km route outdoors. Include warm-up & cool-down	AEROBIC RUN 13km @ PE 5-7
WEEK TWO	INTERVAL SWIM Total = 1,800m MS = 2 x 400m @ PE 8; 4 x 100m @ PE 8	INTERVAL BIKE Total = 50mins MS = 4 x 2mins @ PE 8-9; 4 x 1min @ PE 8	TIME-TRIAL RUN 15km Include warm-up & cool-down	AEROBIC SWIM 1,500m @ PE 5-6	AEROBIC BIKE 60-70km @ PE 5-7	AEROBIC RUN 10km @ PE 5-7
WEEK THREE	INTERVAL SWIM Total = 2,000m MS = 1 x 500m @ PE 7; 2 x 200m @ PE 8; 3 x 100m @ PE 9	TEMPO BIKE Total = 60mins MS = 4 x 7mins @ PE 7-8	INTERVAL RUN Total = 45mins MS = 4 x 2mins @ PE 8-9; 4 x 1min @ PE 8	AEROBIC SWIM 1,600m @ PE 5-6	AEROBIC BIKE 60-70km @ PE 5-7	AEROBIC RUN 13km @ PE 5-7
WEEK FOUR	INTERVAL SWIM Total = 1,800m MS = 12 x 100m @ PE 8	INTERVAL BIKE Total = 50mins MS = 4 x 2mins @ PE 8-9; 4 x 1min @ PE 8	TEMPO RUN Total = 50mins MS = 3 x 8mins @ PE 7-8	AEROBIC SWIM 1,200m @ PE 5-6	AEROBIC BIKE 50km @ PE 5-7	AEROBIC RUN 10km @ PE 5-7

IRON DISTANCE - MONTHS 4-6

TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

PART 4 - BRICK FOCUS

WEEK ONE	INTERVAL SWIM Total = 2,200m MS = 10 x 150m @ PE 8	INTERVAL BIKE Total = 1hr, MS = 5 x 5mins @ PE 7-9, increase gear each min	INTERVAL RUN Total = 50mins MS = 6 x 3mins @ PE 8-9, increase speed each min	AEROBIC SWIM 4 x 500m @ PE 7	TEMPO BIKE Total = 80km MS = 2 x 10km @ PE 8, hilly ride	AEROBIC RUN 14km @ PE 5-7, hilly run
WEEK TWO	INTERVAL SWIM Total = 2,400m, MS = 3 x 300m @ PE 7, 200m @ PE 8, 100m @ PE 9	INTERVAL BIKE Total = 1hr MS = 12 x 1min @ PE 9, full power	TEMPO RUN Total = 1hr MS = 2 x 12mins @ PE 8	AEROBIC SWIM 1,800m @ PE 6	AEROBIC BIKE 80km @ PE 6-7	AEROBIC RUN 12km @ PE 5-7, hilly run
WEEK THREE	INTERVAL SWIM Total = 2,200m MS = 12 x 100m @ PE 8, 6 x 50m @ PE 8	INTERVAL BIKE Total = 1hr, MS = 5 x 5mins @ PE 7-9, increase gear each min	INTERVAL RUN Total = 50mins MS = 6 x 3mins @ PE 8-9, increase speed each min	AEROBIC SWIM 4 x 500m @ PE 7	TEMPO BIKE Total = 80km MS = 2 x 10km @ PE 8, hilly ride	AEROBIC RUN 16km @ PE 5-7, hilly run
WEEK FOUR	INTERVAL SWIM Total = 2,400m MS = 3 x 300m @ PE 7, 200m @ PE 8, 100m @ PE 9	INTERVAL BIKE Total = 1hr MS = 12 x 1min @ PE 9, full power	TEMPO RUN Total = 1hr MS = 2 x 12mins @ PE 8	AEROBIC SWIM 1,600m @ PE 6	AEROBIC BIKE 60km @ PE 6-7	AEROBIC RUN 12km @ PE 5-7, hilly run

PART 5 - TAKE TO THE HILLS

WEEK ONE	INTERVAL SWIM Total = 2,500m MS = 3 x 200m @ PE 8, 4 x 150m @ PE 8, 6 x 100m @ PE 8	INTERVAL BIKE Total = 1:10hr MS = 4 x [8mins steady climb @ PE 8]	INTERVAL RUN Total = 1hr MS = 6 x [3mins @ PE 7, 2mins @ PE 8, 1min @ PE 9, 2mins rest]	AEROBIC SWIM 2 x [300m @ PE 7-8; 2 x 500m @ PE 7; 2 x 300m @ PE 7-8]	TEMPO BIKE Total = 80km MS = 3 x [10km @ PE 8 undulating ride]	AEROBIC RUN 15km @ PE 5-7 Must be rolling/hilly
WEEK TWO	INTERVAL SWIM Total = 2,500m MS = 8 x 100m @ PE 8, 4 x 150m @ PE 7, 8 x 100m @ PE 8	INTERVAL BIKE Total = 1:10hr MS = 6 x [3mins @ PE 7, 2mins @ PE 8, 1min @ PE 9, 4mins @ PE 6]	TEMPO RUN Total = 1hr MS = 3 x [5mins @ PE 8; 10mins @ PE 6-7]	AEROBIC SWIM 6 x 50m @ PE 8; 1 x 1,500m @ PE 7; 6 x 50m @ PE 8	AEROBIC BIKE 90km @ PE 6-7 Undulating ride	AEROBIC RUN 12km @ PE 5-7 Include 3 x hard hill reps
WEEK THREE	INTERVAL SWIM Total = 2,500m MS = 8 x 100m @ PE 8, 4 x 150m @ PE 7, 8 x 100m @ PE 8	INTERVAL BIKE Total = 1:10hr MS = 4 x [8mins steady climb @ PE 8]	INTERVAL RUN Total = 1hr MS = 6 x [3mins @ PE 7, 2mins @ PE 8, 1min @ PE 9, 2mins rest]	AEROBIC SWIM 1 x [800m @ PE 7; 2 x 400m @ PE 7; 4 x 200m @ PE 8]	TEMPO BIKE Total = 80km MS = 3 x 12km @ PE 8 Undulating ride	AEROBIC RUN 18km @ PE 5-7 Must be rolling/hilly
WEEK FOUR	INTERVAL SWIM Total = 2,400m MS = 10 x [200m @ PE 8]	INTERVAL BIKE Total = 1hr MS = 4 x [3mins @ PE 7, 2mins @ PE 8, 1min @ PE 9, 6mins @ PE 6]	TEMPO RUN Total = 50mins MS = 3 x [5mins @ PE 8; 8mins @ PE 6-7]	AEROBIC SWIM 1,800m @ PE 6-7	AEROBIC BIKE 75km @ PE 6-7 Undulating ride	AEROBIC RUN 10km @ PE 5-7 Include 3 x hard hill reps

PART 6 - TIME TRIAL RETURN

WEEK ONE	TIME-TRIAL SWIM 1,900m Include warm-up & cool-down	INTERVAL BIKE Total = 1:15hrs MS = 10 x 2mins standing climb @ PE 8-9; 4mins @ PE 5	TEMPO RUN Total = 1hr MS = 4 x [7mins @ PE 7; 3mins @ PE 8; 2mins @ PE 5]	AEROBIC SWIM 6 x 400m @ PE 6-8 Increase speed in final 100m of each set	TIME-TRIAL BIKE 50km, 50km route outdoors. Include warm-up & cool-down	AEROBIC RUN 18km @ PE 5-7 Aim for consistent pacing
WEEK TWO	INTERVAL SWIM Total = 2,500m, MS = 15 x 150m @ PE 8	INTERVAL BIKE Total = 1:20hrs MS = 4 x [10mins @ PE 8; 5mins @ PE 5] consistent pace in 10min efforts	INTERVAL RUN Total = 1hr MS = 8 x [5mins @ PE 8;]	AEROBIC SWIM All @ PE 7: 1 x 600m, 1 x 500m, 1 x 400m, 1 x 300m, 1 x 200m, 1 x 100m	AEROBIC BIKE 110km @ PE 6-7 Undulating ride	RACE PACE RUN 15km @ PE 5-8 Include 3 x 3km efforts at desired race pace
WEEK THREE	INTERVAL SWIM Total = 2,700m MS = 3 x 200m @ PE 8; 3 x 300m @ PE 8; 100m @ PE 7; 3 x 200m @ PE 8	INTERVAL BIKE Total = 1:15hrs MS = 10 x [2mins standing climb @ PE 8-9; 4mins @ PE 5]	TIME-TRIAL RUN 15km Include warm-up & cool-down	AEROBIC SWIM 6 x 400m @ PE 6-8, Increase speed in final 100m of each set	RACE PACE BIKE Total = 60km MS = 3 x [12km efforts at desired race pace]	BRICK 8km run @ PE 7; 40km bike @ PE 7; 6km run @ PE 7
WEEK FOUR	INTERVAL SWIM Total = 2,500m MS = 15 x [150m @ PE 8]	INTERVAL BIKE Total = 1:20hrs MS = 4 x [10mins @ PE 8; 5mins @ PE 5] consistent pace in 10min efforts	TEMPO RUN Total = 1hr MS = 8 x [5mins @ PE 8; 90secs complete rest]	RACE PACE SWIM 2,000m @ PE 6-7 Steady swim at desired race pace	AEROBIC BIKE 80km @ PE 6-7 Undulating ride	AEROBIC RUN 21km @ PE 5-7 Aim for consistent pacing