

TRAINING PLAN
COACH DERMOTT HAYES



PEAK FOR IRONMAN

IN JUST 12 WEEKS!

Smash out this final three-month block of training to ensure Ironman race-day success...

2019 RACES
Need some event inspiration? Check out this month's free, 28-page Race Guide.

Race day is getting closer, the accommodation is booked, you've chosen your race kit, now all you need to do is complete the peak phase of training and you're ready. Easy right?

At this stage of your iron-distance prep, you'll have covered off the Base and the Build phase and should have already banked heaps of miles. You should also be able to estimate your race-day targets, which will help when it comes to pacing the vital, 'big' training sessions. As a rough guide, you should already be swimming 3km in a session, have completed a couple of 120km rides and run a half marathon. The last phase of iron-distance race prep is about ticking boxes, covering key distances for confidence and using them to discover race pace, and the inclusion of sessions to stress your lactate threshold so that you don't become a one-pace plodder.

A key 'session' is to actually go out and train at race pace, so we've included a half-iron-distance race in week six. This is a great time to test yourself, and allow time for recovery before building up to the final major

sessions. If possible, try to choose a test race that simulates the kind of course you'll tackle on full-iron-distance race day.

We've included open-water swim practice, so as long as the water temperatures are okay get the wetsuit on and go for it.

Looking to just complete? It's important that you still aim to cover the distances in the big long workouts – you must have that confidence to go into race day. Consider taking an occasional rest day if the training volume is causing major fatigue – you don't have to include as much of the interval training, where you're working faster than your estimated race pace.

Aiming to compete? The long-distance sessions in the plan are enough to ensure you've got miles in your legs. But you can increase the duration of the interval workouts, in particular the bikes by adding further reps in the main set. You can also increase the suggested speeds in the intervals, working in excess of race pace.

Ironman racing is not a sport where you can cut corners, so a well-executed plan is a must. Commit to this last phase of the build-up and race well! ▶

COACH'S TIPS OPTIMISE YOUR SESSIONS



RUN/WALK IT

Practise the run/walk for the marathon. Expect to walk at some stage in the race so build it into training and it won't be a shock.



USE YOUR RACE KIT

Use your race equipment in the peak phase so you know how everything feels and works. No surprises on race day.



FIX A PUNCTURE

Learn how to fix a puncture (check out our step-by-step guide: <https://bit.ly/2DQljNq>)! Don't let a flat ruin your day.



CRUNCH THOSE NUMBERS

Know your numbers. Be very clear as to what pace/power/heart rate you're aiming for in each stage.

TRAINING PLAN - WEEKS 1 TO 4

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

WEEK 1 - INT = INTERVAL; END = ENDURANCE

SWIM INT

3 x 200m @RP, 20secs RI; 6 x 100m vigorous, 15secs RI; 2 x 300m @RP, 20secs RI; 12 x 50m sprint, 10secs RI; 1min RI between sets

RUN TEMPO

12.5km as: 5 x [1.5km @RP; 500m @30secs/km faster than RP; 500m @ recovery pace]

BIKE INT

5 x [8mins @RP; 2mins standing climb hard; 3mins aero position hard; 2mins recovery]

RUN INT

8 x [600m @RP; 600m @15secs/km faster than RP]

REST DAY

SWIM END

3km OW inc. physical contact and race start practice

BRICK

100km bike
•
12km run
•
Complete both @RP
•
Include run/walk strategy

WEEK 2 - OW = OPEN-WATER SWIMMING; RI = REST INTERVAL; RP = TARGET IRONMAN RACE PACE

SWIM INT

3 x [400m @RP; 300m pull buoy; 200m @RP; 100m hypoxic breathing]
•
30secs RI between sets

RUN INT

8 x [600m @RP; 600m @15secs/km faster than RP]

BIKE INT

5 x [8mins @RP; 2mins standing climb hard; 3mins aero position hard; 2mins recovery]

SWIM END

2.5km moderate
•
4-5km run @15secs/km slower than RP

REST DAY

BIKE END

180km on an undulating route
•
Inc. 4 x 25km @ 1-2kph faster than target IM RP with 10km moderate in between efforts

RUN END

25-28km moderate
•
Aim to fine-tune your RP, and include run/walk strategy

WEEK 3 - RUN/WALK = INCLUDE STRUCTURED AND REGULAR PERIODS OF WALKING INTO LONG RUNS, E.G. 3KM RUN/45SEC WALK

SWIM INT

3 x 200m @RP, 20secs RI; 6 x 100m vigorous, 15secs RI; 2 x 300m @RP, 20secs RI; 12 x 50m sprint, 10secs RI; 1min RI between sets

BRICK INT

2 x [20mins @RP; 5mins aero position hard; 5mins recovery]
•
3km run @RP

RUN INT

10 x [400m @RP; 400m @10secs/km faster than RP; 400m @20secs/km faster than RP]

BIKE TEMPO

3 x [15mins @RP; 2mins @ 2kph faster than RP; 3mins recovery]

REST DAY

BRICK

2.5km swim @IM RP
•
30km bike @IM RP

RUN TEMPO

2 x 12km @15-20secs/km faster than target IM RP
•
5mins recovery between efforts

WEEK 4 - DO A WARM-UP OF 5-8MINS, GRADUALLY BUILDING INTENSITY FROM EASY TO VIGOROUS

SWIM INT

3 x [400m @RP; 300m pull buoy; 200m @RP; 100m hypoxic breathing]
•
30secs RI between sets

RUN INT

10 x [400m @RP; 400m @10secs/km faster than RP; 400m @20secs/km faster than RP]

BIKE INT

4 x [12mins @RP; 2mins standing climb hard; 4mins aero position hard; 2mins recovery]

SWIM END

2.8km moderate
•
4-5km run @15secs/km slower than RP

REST DAY

SWIM END

3.5km OW inc. sighting practice and turning on buoys

BRICK

130km bike
•
16km run
•
Complete both @RP
•
Include run/walk strategy
•
Wear IM race clothes

TRAINING PLAN - WEEKS 5 TO 8

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

WEEK 5 - DO A COOL-DOWN OF 3-5MINS OF EASY CARDIO FOLLOWED BY STRETCHES

SWIM INT

1 x 800m @RP, 40secs RI; 2 x 400m @RP, 30secs RI; 4 x 200m @RP, 20secs RI; 8 x 100m vigorous, 10secs RI

BRICK

2 x [20mins @RP; 5mins aero position hard; 5mins recovery]
•
5km run @RP

RUN INT

8 x [500m @RP; 1km @15secs/km faster than RP]

BIKE TEMPO

3 x [15mins @RP; 2mins @2kph faster than RP; 3mins recovery]

REST DAY

BRICK

3km swim @IM RP
•
40km bike @IM RP

RUN END

32-34km moderate
•
Aim to fine-tune your RP, and include run/walk strategy

WEEK 6 - HALF-IRONMAN RACE WEEK! IF POSSIBLE, CHOOSE A SIMILAR COURSE TO THAT OF YOUR FULL-IM RACE

SWIM INT

500m focus on sighting
•
500m focus on rotation
•
20 x 100m - odd numbers @RP; even numbers @5secs/100m faster than RP

REST DAY

RUN TEMPO

7.5km as: 3 x [1.5km @RP; 500m @30secs/km faster than RP; 500m @recovery pace]

BIKE INT

4 x [5mins @1kph faster than RP; 2mins @3kph faster than RP; 3mins spin recovery]

REST DAY

SWIM

800m easy, on the race course if possible
RUN
1.5km easy pre-race, just stretching legs

70.3 RACE

1.9km swim
•
90km bike
•
21.1km run
•
Treat as training. Pace @ target IM RP and practise nutrition

WEEK 7 - WHEN POSSIBLE, DO YOUR SWIMMING SESSIONS OUTSIDE IN OPEN WATER

SWIM REC

4 x [300m moderate; 100m pull buoy; 100m vigorous]

RUN INT

8 x [500m @RP; 1km @15secs/km faster than RP]

BIKE INT

4 x [12mins @RP; 2mins standing climb hard; 4mins aero position hard; 2mins recovery]

RUN TEMPO

5 x [1km @RP; 1km @20secs/km faster than RP]

REST DAY

BIKE END

160km
•
Include 4 x 20km @2kph faster than target IM RP with 10km moderate in between efforts
•
Try to simulate IM race profile

RUN TEMPO

2 x 12km @20secs/km faster than target IM RP
•
5mins recovery between efforts

WEEK 8 - COMPLETE NOT A COMPETER? STILL COVER THE DISTANCES BUT TAKE ADDITIONAL REST DAYS IF FATIGUED

SWIM INT

500m focus on sighting
•
500m focus on rotation
•
20 x 100m - odd numbers @RP; even numbers @5secs/100m faster than RP

RUN TEMPO

4 x [1km @RP; 1.5km @ 20secs/km faster than RP]

MULTI BRICK

3 x
•
15km bike vigorous
•
2km run @RP

BIKE INT

8 x [6mins @RP; 3mins @3kph faster than RP; 1min recovery]

REST DAY

SWIM END

4km OW inc. drafting practice
•
Include 2 x 1km efforts @5secs/100m faster than IM RP

BRICK

100km bike @RP
•
14km run @20secs/km faster than IM RP
•
Include run/walk strategy

TRAINING PLAN - WEEKS 9 TO 12

MONDAY ● TUESDAY ● WEDNESDAY ● THURSDAY ● FRIDAY ● SATURDAY ● SUNDAY

WEEK 9 - WANT TO COMPETE? INCREASE THE DURATION OF THE INTERVALS, ESPECIALLY THE BIKE SESSIONS

<p>SWIM INT</p> <p>1 x 800m @RP, 40secs RI; 2 x 400m @RP, 30secs RI; 4 x 200m @RP, 20secs RI; 8 x 100m vigorous, 10secs RI</p>	<p>RUN TEMPO</p> <p>3 x 1km @IM RP • 1.5km @20secs/km faster than IM RP</p>	<p>BIKE INT</p> <p>8 x [6mins @RP; 3mins @3kph faster than RP; 1min recovery]</p>	<p>SWIM REC</p> <p>4 x 300m moderate; 100m pull buoy; 100m vigorous</p> <p>RUN REC</p> <p>4km @15secs/km slower than RP</p>	<p>REST DAY</p>	<p>SWIM END</p> <p>3.2km OW inc. physical contact and race-start practice</p>	<p>BRICK</p> <p>140-150km bike • 22km run • Complete both @RP • Include run/walk strategy • Nail your nutrition</p>
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WEEK 10 - USE THIS WEEK TO LAY OUT ALL YOUR RACE KIT AND NUTRITION, AND PICK UP ANY LAST-MINUTE SUPPLIES

<p>SWIM INT</p> <p>4 x 50m sprint, 10secs RI; 6 x 100m pull buoy, 15secs RI; 8 x 200m @RP, 20secs RI; 6 x 100m pull buoy, 15secs RI; 4 x 50m sprint, 10secs RI</p>	<p>RUN INT</p> <p>8 x [500m @RP; 500m @10secs/km faster than RP; 500m @20secs/km faster than RP]</p>	<p>MULTI BRICK</p> <p>3 x • 15km bike vigorous • 2km run @RP</p>	<p>BIKE INT</p> <p>6 x [8mins @RP; 3mins @3kph faster than RP; 1min recovery]</p>	<p>REST DAY</p>	<p>SWIM END</p> <p>4km OW inc. drafting & sighting practice</p>	<p>BRICK</p> <p>80km bike @RP; 14km run @20secs/km faster than IM RP • Include run/walk strategy</p>
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WEEK 11 - TWO REST DAYS THIS WEEK AS YOU LEAD INTO RACE WEEK AND THE ALL-IMPORTANT TAPER

<p>SWIM INT</p> <p>300m focus on sighting • 300m focus on rotation • 15 x 100m - odd numbers @RP; even numbers @5secs/100m faster than RP</p>	<p>BIKE INT</p> <p>6 x [8mins @RP; 3mins @3kph faster than RP; 1min recovery]</p>	<p>MULTI BRICK</p> <p>3 x • 12k bike vigorous • 2km run @IM RP</p>	<p>REST DAY</p>	<p>RUN INT</p> <p>8 x [500m @RP; 500m @10secs/km faster than RP; 500m @20secs/km faster than RP]</p>	<p>SWIM END</p> <p>3.2km OW, focus on executing RP</p> <p>BIKE END</p> <p>70km, inc. 3 x 10km @2kph faster than target RP with 5km moderate in between efforts</p>	<p>REST DAY</p>
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WEEK 12 - RACE WEEK! BE CONFIDENT IN YOUR ABILITY TO SMASH THIS RACE OUT OF THE PARK!

<p>SWIM INT</p> <p>1 x 400m @RP, 40secs RI; 2 x 200m @RP, 30secs RI; 4 x 100m @RP, 20secs RI; 8 x 50m vigorous, 10secs RI</p>	<p>BIKE TEMPO</p> <p>3 x [10mins @RP; 2mins @2kph faster than RP; 3mins recovery]</p>	<p>RUN: TEMPO</p> <p>3 x [1km @RP; 1km @15secs/km faster than RP]</p>	<p>REST DAY</p>	<p>BIKE</p> <p>40-50km steady on the race course • Include 2 x 10km efforts @RP</p>	<p>SWIM</p> <p>1km easy on the race course</p> <p>RUN</p> <p>2km easy, just stretching legs</p>	<p>IM RACE DAY</p> <p>3.8km swim • 180km bike • 42.2km run</p>
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