

# TRAINING PLAN - WEEKS 1 TO 4

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

WEEK1—OURWEEKLYPLANBEGINSONAMONDAY,BUTYOUCANSTARTONANYDAYOFTHEWEEK

**SWIM**

2km test  
After a warm-up swim, a continuous 2km as hard as you feel possible.  
Record data for future use

**REST DAY**

**BIKE**

6 x  
[6mins @ RPE7; 2mins @ RPE8; 2mins @ RPE5]

**SWIM**

2 x 250m @ RPE7; 10 x 100m @ RPE8; 2 x 250m @ RPE7; 40secs RI between sets

**REST DAY**

**BIKE**

1hr test  
After a good warm-up, ride as hard as you feel possible for 1hr.  
Record data for future use

**RUN**

10km @ RPE5-7  
Should be able to talk comfortably

**RUN**

8 x 800m @ RPE8; 1min RI

WEEK 2 – DON'T FORGET, RPE = RATE OF PERCEIVED EXERTION, RI = REST INTERVAL

**SWIM**

2 x  
[4 x 150m @ RPE7; 4 x 100m @ RPE8; 4 x 50m @ RPE9]  
•  
30secs RI between sets

**REST DAY**

**BIKE**

3 x [4mins @ RPE8; 4mins @ RPE6]  
•  
3 x [1min @ RPE9; 3mins @ RPE5]  
•  
3 x [4mins @ RPE8; 4mins @ RPE6]

**SWIM**

5 x 400m @ RPE7  
•  
40secs RI between sets

**REST DAY**

**BIKE**

70km @ RPE5-7  
Try to keep a fairly flattish route

**RUN**

12km test  
After a good warm-up, run as hard as you feel possible for 12km.  
Record data for future use

**RUN**

4 x [1.5km @ RPE7; 500m @ RPE5]

WEEK3—ALWAYSINCLUDEAWARM-UP5-8MINSOFGRAUALLYBUILDINGINTENSITYFROMEASYTOVIGOROUS

**SWIM**

2 x 250m @ RPE7  
•  
10 x 100m @ RPE8  
•  
2 x 250m @ RPE7  
•  
40secs RI between sets

**REST DAY**

**BIKE**

6 x  
[6mins @ RPE7; 2mins @ RPE8; 2mins @ RPE5]

**SWIM**

2 x 600m @ RPE7  
•  
2 x 400m @ RPE7  
•  
40secs RI between sets

**REST DAY**

**BIKE**

70km @ RPE5-7  
Try to keep a fairly flattish route

**RUN**

12km @ RPE5-7  
Should be able to talk comfortably

**RUN**

Follow bike with a 3km run @ RPE6

**RUN**

8 x 800m @ RPE8; 1min RI

WEEK4—ALWAYSINCLUDEACOOLO-DOWN:3-5MINSOFEASYCARDIOFOLLOWEDBYSTRETCHES

**SWIM**

2 x  
[4 x 150m @ RPE7; 4 x 100m @ RPE8; 4 x 50m @ RPE9]  
•  
30secs RI between sets

**REST DAY**

**BIKE**

3 x [4mins @ RPE8; 4mins @ RPE6]  
•  
3 x [1min @ RPE9; 3mins @ RPE5]  
•  
3 x [4mins @ RPE8; 4mins @ RPE6]

**RUN**

4 x  
[1.5km @ RPE7; 500m @ RPE5]

**REST DAY**

**BIKE**

60km @ RPE5-7  
Try to keep a fairly flattish route

**RUN**

10km @ RPE5-7  
Should be able to talk comfortably

## TRAINING PLAN - WEEKS 5 TO 8

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

WEEK5—EVEN AT THIS EARLY STAGE, WE INCLUDE BRICK SESSIONS TO ESTABLISH GOOD DISCIPLINE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SWIM</b> 2 x 250m @ RPE7 • 10 x 100m @ RPE8 • 2 x 250m @ RPE7 • 40secs RI between sets	<b>REST DAY</b>	<b>BIKE</b> 5 x [7mins @ RPE7; 3mins @ RPE8; 2mins @ RPE5]	<b>SWIM</b> 5 x 400m @ RPE7 • 40secs RI between sets  <b>RUN</b> 10 x 800m @ RPE8 • 1min RI between sets	<b>REST DAY</b>	<b>BIKE</b> 80km @ RPE5-7 Try to keep a fairly flattish route	<b>RUN</b> 12km @ RPE5-7 Should be able to talk comfortably

WEEK6—SPEED WILL DEVELOP LATER IN YOUR TRAINING. FOR NOW, FOCUS ON BECOMING EFFICIENT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SWIM</b> 2 x [4 x 150m @ RPE7; 4 x 100m @ RPE8; 4 x 50m @ RPE9] • 30secs RI between sets	<b>REST DAY</b>	<b>BIKE</b> 5 x [1min @ RPE9; 3mins @ RPE5] • 4 x [3mins @ RPE3; 2mins @ RPE5] • 5 x [1min @ RPE9; 3mins @ RPE5]	<b>SWIM</b> 2 x 600m @ RPE7; 2 x 400m @ RPE7; 40secs between sets  <b>RUN</b> 4 x [2km @ RPE7; 500m @ RPE5]	<b>REST DAY</b>	<b>BIKE</b> 80km @ RPE5-7 Try to keep a fairly flattish route	<b>RUN</b> 14km @ RPE5-7 Should be able to talk comfortably

WEEK7—THE INTENSITY LEVELS ARE RISING, BUT AT A RATE THAT SHOULD BE VERY ACHIEVABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SWIM</b> 4 x 200m @ RPE7 • 8 x 100m @ RPE8 • 4 x 200m @ RPE7 • 30secs RI between sets	<b>BIKE</b> 5 x [7mins @ RPE7; 3mins @ RPE8; 2mins @ RPE5]  <b>RUN</b> Follow bike with a 4km run @ RPE6	<b>BIKE</b> 10 x [1min @ RPE9-10; 4mins @ RPE5]	<b>SWIM</b> 3 x 700m @ RPE7 • 40secs RI between sets  <b>RUN</b> 10 x 800m @ RPE8 • 1min RI between sets	<b>REST DAY</b>	<b>BIKE</b> 90km @ RPE5-7 Try to make the route undulating	<b>RUN</b> 14km @ RPE5-7 Should be able to talk comfortably

WEEK8—IF IT'S NOT POSSIBLE TO JOIN A TRI GROUP, TRY AN ONLINE COMMUNITY TO HELP WITH MOTIVATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SWIM</b> 10 x 200m @ RPE7 • 30secs RI between sets	<b>REST DAY</b>	<b>BIKE</b> 5 x [1min @ RPE9; 3mins @ RPE5] • 4 x [3mins @ RPE3; 2mins @ RPE5] • 5 x [1min @ RPE9; 3mins @ RPE5]	<b>SWIM</b> 6 x 400m @ RPE7 • 30secs RI between sets  <b>RUN</b> 4 x [2km @ RPE7; 500m @ RPE5]	<b>REST DAY</b>	<b>BIKE</b> 60km @ RPE5-7 Try to keep a fairly flattish route	<b>RUN</b> 10km @ RPE5-7 Should be able to talk comfortably

# TRAINING PLAN - WEEKS 9 TO 12

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

## WEEK 9 – THE WORK YOU’RE PUTTING IN NOW WILL HELP PREVENT FUTURE INJURY

<p><b>SWIM</b></p> <p>4 x 200m @ RPE7</p> <p>•</p> <p>8 x 100m @ RPE8</p> <p>•</p> <p>4 x 200m @ RPE7</p> <p>•</p> <p>30secs RI between sets</p>	<p><b>BIKE</b></p> <p>4 x [8mins @ RPE7; 4mins @ RPE8; 3mins @ RPE5]</p>	<p><b>BIKE</b></p> <p>10 x [1min @ RPE9-10; 4mins @ RPE5]</p>	<p><b>SWIM</b></p> <p>3 x 700m @ RPE7</p> <p>•</p> <p>40secs RI between sets</p> <p><b>RUN</b></p> <p>10 x 1km @ RPE8</p> <p>•</p> <p>1min RI between sets</p>	<p><b>REST DAY</b></p>	<p><b>BIKE</b></p> <p>90km @ RPE5-7</p> <p>Try to make the route undulating</p>	<p><b>RUN</b></p> <p>15km @ RPE5-7</p> <p>Should be able to talk comfortably</p>
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## WEEK 10 – AFTER COMPLETING THE PLAN, SCHEDULE IN A REST PERIOD AND ALLOW YOUR BODY TO REAP THE REWARDS

<p><b>SWIM</b></p> <p>10 x 200m @ RPE7</p> <p>•</p> <p>30secs RI between sets</p>	<p><b>REST DAY</b></p>	<p><b>BIKE</b></p> <p>2 x [8mins @ RPE8; 2mins @ RPE5]</p> <p>•</p> <p>2 x [7mins @ RPE8; 3mins @ RPE5]</p> <p>•</p> <p>2 x [6mins @ RPE8; 4mins @ RPE5]</p>	<p><b>SWIM</b></p> <p>6 x 400m @ RPE7</p> <p>•</p> <p>30secs RI between sets</p> <p><b>RUN</b></p> <p>5 x [1.8km @ RPE7; 200m @ RPE5]</p>	<p><b>REST DAY</b></p>	<p><b>BIKE</b></p> <p>100km @ RPE5-7</p> <p>Try to make the route undulating</p>	<p><b>RUN</b></p> <p>13km @ RPE5-7</p> <p>Should be able to talk comfortably</p>
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## WEEK 11 – COMPARE DATA TO THAT YOU TOOK AT THE BEGINNING OF YOUR PLAN AND CELEBRATE YOUR ACHIEVEMENT

<p><b>SWIM</b></p> <p>4 x 200m @ RPE7</p> <p>•</p> <p>8 x 100m @ RPE8</p> <p>•</p> <p>4 x 200m @ RPE7</p> <p>•</p> <p>30secs RI between sets</p>	<p><b>BIKE</b></p> <p>4 x [8mins @ RPE7; 4mins @ RPE8; 3mins @ RPE5]</p> <p><b>RUN</b></p> <p>Follow bike with a 5km run @ RPE6</p>	<p><b>BIKE</b></p> <p>10 x [1min @ RPE9-10; 4mins @ RPE5]</p>	<p><b>SWIM</b></p> <p>3 x 700m @ RPE7</p> <p>•</p> <p>40secs RI between sets</p> <p><b>RUN</b></p> <p>10 x 1km @ RPE8</p> <p>•</p> <p>1min RI between sets</p>	<p><b>REST DAY</b></p>	<p><b>BIKE</b></p> <p>1hr test</p> <p>After a good warm up ride as hard as you feel possible for 1hr.</p> <p>Record data for future use</p>	<p><b>RUN</b></p> <p>16km @ RPE5-7</p> <p>Should be able to talk comfortably</p>
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## WEEK 12 – YOU’VE COMPLETED THE 3-MONTH PLAN AND GIVEN YOURSELF THE VERY BEST START TO YOUR IRONMAN CHALLENGE

<p><b>SWIM</b></p> <p>2km test</p> <p>After a warm-up swim, a continuous 2km as hard as you feel possible.</p> <p>Record data for future use</p>	<p><b>REST DAY</b></p>	<p><b>BIKE</b></p> <p>2 x [8mins @ RPE8; 2mins @ RPE5]</p> <p>•</p> <p>2 x [7mins @ RPE8; 3mins @ RPE5]</p> <p>•</p> <p>2 x [6mins @ RPE8; 4mins @ RPE5]</p>	<p><b>SWIM</b></p> <p>10 x 200m @ RPE7</p> <p>•</p> <p>30secs RI between sets</p> <p><b>RUN</b></p> <p>5 x [1.8km @ RPE7; 200m @ RPE5]</p>	<p><b>REST DAY</b></p>	<p><b>BIKE</b></p> <p>60km @ RPE5-7</p> <p>Try to keep a fairly flattish route</p>	<p><b>RUN</b></p> <p>12km test</p> <p>After a good warm-up, run as hard as you feel possible for 12km.</p> <p>Record data for future use</p>
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