

TRAINING PLAN - WEEKS 1 TO 4

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

WEEK1—OURWEEKLYPLANBEGINSONAMONDAY,BUTYOUCANSTARTONANYDAYOFTHEWEEK

SWIM INT

12 x 200m @IM RP
 •
 Odd sets include PB; even sets as normal
 •
 30secs RI between sets

RUN TEMPO

4 x [1.5km @ IM RP; 500m @ 20secs/km faster than IM RP; 500m @ recovery pace]

BIKE TEMPO

2 x [2mins easy; 10mins @ IM RP; 4mins hard SC OG]
 •
 6mins @ recovery pace
 •
 2 x [2mins easy; 10mins @ IM RP; 4mins hard SC OG]

RUN INT

6 x [1.5km @ 30sec/km faster than IM RP]
 •
 1min RI between sets

REST DAY

SWIM END

5 x 600m; 45secs RI

BIKE END

120km on an undulating route
 •
 Include 2 x 25km @ 1-2kph faster than target IM RP, with 15km moderate in between efforts

WEEK2—REMEMBERIMRP=IRONMANRACEPACEPB=PULLBUOYRI=RESTINTERVAL,SC=SEATEDCLIMB,OG=OVERGEARING

RUN END

2 x 5km @ 15-20secs/km faster than target IM RP
 •
 Take 3mins recovery between efforts

BIKE HILLS

4 x [6mins moderate SC; 4mins recovery; 3mins hard STC; 2mins recovery]

SWIM INT

3 x [300m @ IM RP; 3 x 100m PD; 6 x 50m sprint, 15secs RI]
 •
 45secs RI between sets

BIKE RP

3 x [5mins easy; 15mins @ IM RP aero]

REST DAY

SWIM END

4 x 750m; 1min RI

BRICK

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

RUN REC

4-5km @ 15secs/km slower than RP

WEEK3—DON'TFORGET,AERO=AEROPOSITION,IRPM=INCREASEDREVS PERMIN,STC=STANDINGCLIMB,PD=PADDLES

SWIM INT

12 x 200m @ IM RP
 •
 Odd sets include PB; even sets as normal
 •
 30secs RI between sets

BIKE TEMPO

4 x [4mins easy; 12mins @ IM RP aero; 4mins hard IRPM]

RUN TEMPO

3 x [2km @ IM RP; 1km @ 20secs/km faster than IM RP; 500m @ recovery pace]

BIKE INT

3 x [4mins @ IM RP; 2mins hard STC];
 3 x [3mins @ IM RP; 3mins hard IRPM];
 3 x [4mins @ IM RP; 2mins hard sprint]
 •
 8mins moderate between sets

REST DAY

SWIM END

3.2km @ IM RP

RUN END

20km at moderate intensity, aiming to fine-tune your RP
 •
 Include run/walk strategy

BIKE REC

25km
 •
 Gentle spin at low intensity

WEEK4—ALWAYSINCLUDEAWARM-UPWITHEACHSESSION,5-8MINSGRADUALLYBUILDINGINTENSITY

BIKE HILLS

4 x [6mins moderate SC; 4mins recovery; 3mins hard STC; 2mins recovery]

SWIM INT

3 x [300m @ IM RP; 3 x 100m PD; 6 x 50m sprint, 15secs RI]
 •
 45secs RI between sets

RUN INT

6 x [1.5km @ 30secs/km faster than IM RP]
 •
 1min RI between sets

BIKE RP

3 x [5mins easy; 15mins @ IM RP aero]

REST DAY

BIKE END

90km on an undulating route
 •
 Focus on fuelling strategy

RUN END

2 x 8km @ 15-20secs/km faster than target IM RP
 •
 Take 4mins recovery between efforts

TRAINING PLAN - WEEKS 5 TO 8

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

WEEK 5 – DON'T FORGET, END = ENDURANCE; INT = INTERVALS; REC = RECOVERY

SWIM INT	RUNTEMPO	BIKETEMPO	RUN END	REST DAY	SWIM END	BIKE END
2 x 250m @ IM RP • 15 x 100m hard – 10secs RI • 2 x 250m @ IM RP • 30secs RI between sets	4 x [1.5km @ IM RP; 500m @ 20secs/km faster than IM RP; 500m @ recovery pace]	2 x [2mins easy; 10mins IM RP; 4mins hard SC OG] • 6mins recovery pace • 2 x [2mins easy; 10mins @ IM RP; 4mins hard SC OG]	14km at moderate intensity, aiming to fine-tune your RP • Include run/walk strategy		4 x 750m; 1min RI RUN REC 4-5km @ 15sec/km slower than RP	140km on an undulating route • Include 2 x 25km @ 1-2kph faster than target IM RP with 15km moderate in between efforts

WEEK 6 – ALWAYS INCLUDE A COOL-DOWN FOLLOWING EACH SESSION, 3-5 MINS OF EASY CARDIO FOLLOWED BY STRETCHES

RUN END	BIKE HILLS	SWIM INT	BIKE RP	REST DAY	SWIM END	BRICK
2 x 6km @ 15-20sec/km faster than target IM RP • Take 3mins recovery between efforts	4 x [6mins moderate SC; 4mins recovery; 3mins hard STC; 2mins recovery]	3 x [400m @ IM RP; 4 x 100m PD; 4 x 50m sprint, 15secs RI; 45secs RI between sets]	3 x [5mins easy; 15mins @ IM RP aero]		4 x 800m; 1min RI RUN REC 4km @ 15secs/km slower than RP	100km bike • 14km run • Complete both @ IM RP • Include run/walk strategy

WEEK 7 – RUN/WALK STRATEGY = INCLUDE STRUCTURED AND REGULAR PERIODS OF WALKING INTO LONG RUNS

SWIM INT	BIKETEMPO	RUN HILLS	BIKE INT	REST DAY	SWIM END	RUN END
2 x 250m @ IM RP • 15 x 100m hard – 10secs RI • 2 x 250m @ IM RP • 30secs RI between sets	4 x [4mins easy; 12mins @ IM RP aero; 4mins hard IRPM]	6 x [3-5min uphill efforts hard; 5min recovery]	3 x [4mins @ IM RP; 2mins hard STC]; 3 x [3mins @ IM RP; 3mins hard IRPM]; 3 x [4mins @ IM RP; 2mins hard sprint] • 8mins moderate between sets		3.6km @ IM RP BIKE REC 25km Gentle spin at low intensity	24km at moderate intensity, aiming to fine-tune your RP • Include run/walk strategy

WEEK 8 – PROPER RECOVERY BETWEEN SESSIONS THROUGH REST AND NUTRITION IS VITAL

BIKE HILLS	SWIM INT	RUN INT	BIKE RP	REST DAY	BIKE END	RUN END
5 x [6mins moderate SC; 4mins recovery; 3mins hard STC; 2mins recovery]	3 x [400m @ IM RP; 4 x 100m PD; 4 x 50m sprint, 15secs RI] • 45secs RI between sets	10 x [1km @ 30secs/km faster than IM RP] • 40secs RI between sets	3 x [5mins easy; 15mins @ IM RP aero]		90km on an undulating route • Focus on fuelling strategy	2 x 8km @ 15-20secs/km faster than target IM RP • Take 4mins recovery between efforts

TRAINING PLAN - WEEKS 9 TO 12

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

WEEK 9 – SWAP YOUR POOL ENDURANCE SESSIONS FOR OPEN WATER IF YOU CAN

SWIM INT

2 x [2 x 150m PB; 5 x 100m hard, 10secs RI]
 •
 2 x 150m PD
 •
 5 x [100m hard, 10secs RI]
 •
 30secs RI between sets

RUNTEMPO

4 x [2km @ IM RP; 1km @ 20secs/km faster than IM RP; 500m @ recovery pace]

BIKEMEMPO

2 x [2mins easy; 10mins @ IM RP; 4mins hard SC OG]
 •
 6mins @ recovery pace
 •
 2 x [2mins easy; 10mins @ IM RP; 4mins hard SC OG]

RUN END

16km at moderate intensity, aiming to fine-tune your RP
 •
 Include run/walk strategy

REST DAY

SWIM END

3 x 1km; 1min RI

RUN REC
 4km @ 15sec/km slower than RP

BIKE END

160km
 •
 Try to simulate IM race profile
 •
 Include 4 x 15km @ 2kph faster than target IM RP, with 10km moderate in between efforts

WEEK 10 - YOU'RE WORKING TOWARDS A LONGER THAN RACE SWIM DISTANCE OF 4KM TO ACCE TECHNICAL ENDURANCE

RUN END

2 x 6km @ 15-20secs/km faster than target IM RP
 •
 Take 3mins recovery between efforts

BIKE HILLS

5 x [6mins moderate SC; 4mins recovery; 3mins hard STC; 2mins recovery]

SWIM INT

4 x [200m PB; 200m Hypoxic Breathing; 200m PD; 200m IM RP]

BIKE RP

3 x [5 mins easy; 15mins @ IM RP aero]

REST DAY

SWIM END

4 x 800m; 1min RI

RUN REC
 4km @ 15secs/km slower than RP

BRICK

120km bike
 •
 12km run
 •
 Complete both @ IM RP
 •
 Include run/walk strategy

WEEK 11 - AFTER COMPLETING THE PLAN, SCHEDULE IN A REST PERIOD AND ALLOW YOUR BODY TO REAP THE REWARDS

SWIM INT

2 x [2 x 150m PB; 5 x 100m hard, 10secs RI; 2 x 150m PD; 5 x 100m hard, 10secs RI; 30secs RI between sets]

BIKEMEMPO

4 x [4mins easy; 12mins @ IM RP aero; 4mins hard IRPM]

RUN HILLS

6 x 3-5mins uphill efforts hard
 •
 5mins recovery

BIKE INT

3 x [4mins @ IM RP; 2mins hard STC];
 3 x [3mins @ IM RP; 3mins hard IRPM];
 3 x [4mins @ IM RP; 2mins hard sprint]
 •
 8mins moderate between sets

REST DAY

SWIM END

4km @ IM RP

BIKE REC
 25km Gentle spin at low intensity

RUN END

28km at moderate intensity, aiming to fine-tune your RP
 •
 Include run/walk strategy

WEEK 12 - YOU'VE COMPLETED THE 3-MONTH PLAN AND GIVEN YOURSELF THE VERY BEST BASE FITNESS FOR YOUR IRONMAN!

BIKE HILLS

5 x [6mins moderate SC; 4mins recovery; 3mins hard STC; 2mins recovery]

SWIM INT

4 x [200m PB; 200m Hypoxic Breathing; 200m PD; 200m IM RP]

RUN INT

10 x [1km @ 30secs/km faster than IM RP]
 •
 40secs RI between sets

BIKE RP

3 x [5mins easy; 15mins @ IM RP aero]

REST DAY

BIKE END

90km on an undulating route
 •
 Focus on fuelling strategy

RUN END

2 x 8km @ 15-20sec/km faster than target IM RP
 •
 Take 4mins recovery between efforts