

TRAINING PLAN - WEEKS 1 TO 4

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

WEEK 1 - TIME TO GET STARTED! OUR PLAN BEGINS ON A MONDAY, BUT YOU CAN START ON ANY DAY OF THE WEEK

REST DAY

SWIM

4 x 200m moderate
 4 x 150m vigorous
 4 x 100m moderate
 4 x 50m vigorous
 •
 Take 30secs rest between each rep

RUN

Repeat 8 x
 •
 1km vigorous
 200m at a sprint pace
 •
 Take 1min rest between each rep

BIKE

Repeat 4 x
 •
 8mins simulated climb, vigorous
 4mins moderate
 •
 No rest between reps

SWIM

Repeat 5 x
 •
 100m Pull buoy front crawl (FC)
 100m FC
 100m Kick
 100m FC moderate
 •
 30secs rest between reps

BIKE

100km moderate, on a slightly hilly route
 •
 Focus on consistent pacing

TEMPO RUN

Repeat 6 x
 •
 1.5km moderate
 1km vigorous
 •
 No rest between reps

WEEK 2 - INTERVAL REPS COMBINE WITH SWIM AND RUN SESSIONS AT YOUR DESIRED IRONMAN RACE PACE

REST DAY

SWIM

5 x 400m at desired IM race pace
 •
 Take 1min rest between each rep

RUN

Repeat 9 x
 •
 1km vigorous
 200m at a sprint pace
 •
 Take 1min rest between each rep

BIKE

Repeat 5 x
 •
 8mins vigorous, on a simulated climb
 4mins moderate
 •
 No rest between reps

SWIM

300m Pull buoy FC, moderate
 4 x 200m vigorous, off 20secs rest
 300m Pull buoy FC, moderate
 4 x 200m vigorous, off 20secs rest

BIKE

80km moderate, on a flatter route
 •
 Treat like a recovery ride

RUN

21km aiming to execute desired IM race pace
 •
 Think about how to refuel

WEEK 3 - THIS WEEK SEES AN INCREASE IN YOUR LONG BIKE'S VOLUME AS WELL AS HIGH-INTENSITY REPS

REST DAY

SWIM

4 x 200m moderate
 4 x 150m vigorous
 6 x 100m moderate
 6 x 50m vigorous
 •
 Take 30secs rest between each rep

RUN

Repeat 10 x
 •
 1km vigorous
 200m at a sprint pace
 •
 Take 1min rest between each rep

BIKE

Repeat 5 x
 •
 6mins vigorous, on a climb
 2mins increased RPM at max effort
 4mins moderate
 •
 No rest between reps

SWIM

Repeat 5 x
 •
 150m Pull buoy FC
 100m FC
 100m Kick
 100m FC
 •
 Moderate, with 30secs rest between reps

BIKE

130km moderate, on a slightly hilly route.
 •
 Focus on consistent pacing and efficient climbing

RUN

Repeat 6 x
 •
 1.5km moderate
 1km vigorous
 •
 No rest between reps

WEEK 4 - THIS WEEK WELCOMES THE FIRST OF YOUR MAJOR BIKE/RUN BRICKS

REST DAY

SWIM

4 x 500m at desired IM race pace, 1min rest between each rep
 •
 4 x 100m vigorous, 30secs rest between each rep

RUN

24km aiming to execute desired IM race pace. Think about how to refuel

BIKE

30km easy to moderate
 •
 Use this as a recovery-style ride

SWIM

400m Pull buoy FC, moderate
 4 x 200m vigorous, off 20secs rest
 400m Pull Buoy FC, moderate
 4 x 200m vigorous, off 20secs rest

RUN

3km easy-moderate to include 2 x 500m at IM race pace

BRICK

100km bike
 8km run
 •
 Moderate bike and then run at desired IM race pace, including walks for refuelling