

TRAINING PLAN - WEEKS 9 TO 12

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

WEEK 9 - IT'S A LENGTHY WEEK WITH LONG SWIM AND BIKE SESSIONS AT OR NEARING RACE-DAY DURATION

REST DAY

SWIM

3.6km
in open water
•
Include
2 x 1km efforts at faster than IM race pace
•
Use different breathing patterns that might be used in the race

BIKE

Repeat 4 x
•
12mins moderate-vigorous, practise in aero position
3mins easy
•
No rest between reps

RUN

3 x 2km at IM race pace
•
3 x 1.2km vigorous
3 x 800m max effort
•
Take 45secs rest between each rep

SWIM

8 x 400m moderate
•
Aim to swim 1st 100m vigorous then 300m at IM race pace
•
Take 40secs rest between each rep

BIKE

180km
aim to execute desired IM race pace
•
Think about simulating the terrain of your IM race

RUN

24km
aim to execute desired IM race pace
•
Think about how to refuel

WEEK 10 - TIME FOR YOUR BIGGEST BIKE/RUN BRICK AND A RACE-DISTANCE, 3.8KM OPEN-WATER SWIM

REST DAY

SWIM

3.8km
in open water
•
Aim to swim a continuous 3.8km. This is your longest pre-race swim
•
Try to simulate race day by swimming with others

RUN

Repeat 5 x
•
1km moderate
1km vigorous
•
No rest between reps

REST DAY

BIKE

60km easy-moderate
•
Include
2 x 10km at IM race pace

SWIM

2.8km
in open water
•
Include
4 x 400m efforts at faster than IM race pace
•
Improve sighting by swimming with head up

BRICK

140km bike
20km run
•
Moderate bike and run at desired IM race pace, including walks for refuelling

WEEK 11 - FINALLY! THIS WEEK YOU GET A REDUCTION IN OVERALL VOLUME AS IRONMAN RACE DAY NEARS

REST DAY

SWIM

3.4km
in open water
•
Include
5 x 400m efforts at faster than IM race pace
•
Use changes in pace to simulate the race

BIKE

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

RUN

3 x 1.5km IM race pace
•
3 x 1km vigorous
3 x 500m max effort
•
45secs rest between each rep

BIKE

Repeat 4 x
•
12mins moderate-vigorous, practise aero position
3mins easy
•
No rest between reps

SWIM

3.4km
in open water
•
Include
4 x 400m faster than IM race pace.
•
Swim near other people and focus on the contact involved

BRICK

70km bike
12km run
•
Moderate bike and then run at desired IM race pace, including walks for refuelling

WEEK 12 - THE KEY IS ON SHORTER QUALITY SESSIONS DURING IRONMAN RACE WEEK. GOOD LUCK!

REST DAY

SWIM

1.5km
in open water
•
Include
2 x 300m efforts that simulate the start of the race

RUN

Repeat 4 x
•
1km moderate
500m vigorous
•
No rest between reps

REST DAY

BIKE

50-60km easy-moderate to keep the body loose and to reduce pre-race stress
•
Include
2 x 10km at IM race pace. Try to do this ride on the race course

SWIM/RUN

1km swim on race course
•
2.5km run easy-moderate
•
Include
2 x 400m at IM race pace

RACE DAY!

3.8km swim
•
180km bike
•
42.2km run