

MON

TUE

WED

THU

FRI

SAT

SUN

WEEK

BIKE

Build 2 of 6 IRONMAN Specifics
 Mile - Trainer (Progressive TT, 90)
 Duration (P) 1:30:00
Workout Description
 20-min easy spin (10-min TT 170%)
 10-min easy
 5-min TT (200W) recovery
 5-min TT (200)
 5-min easy
 5-min all-out (1000) Easy Spin
 cooldown
 Rest 4 min

SWIM

Mile (200)
 Duration (P) 1:00:00
 Distance (P) 2000m
Workout Description
 400-swim (200 x 2)
 400-swim (200 x 2) swimming with the
 clock
 200-swim (100 x 2) float
 for 1:15 and 20-min (200) swim 100
 strokes
 with pull-up (100) set timing
 200-swim (100 x 2) perfect
 technique
 200-swim (100 x 2)

RUN

Mile - Trainer (200)
 Duration (P) 0:45:00
Workout Description
 75-min easy warmup
 11-min Repeats (2 200) min @
 2:15 min @ 2:15 about the 15
 min interval on the 2.5 %

SWIM

1/2 Mile (100)
 Duration (P) 0:45:00
Workout Description
 1000 swim w/
 1 minute of 1 x 200 (100)
 200 pull-up
 200 pull-up swim
 400 pull
 200 kick

STRENGTH

Strength - Total Body
 Duration (P) 0:30:00
Workout Description
 70 push-ups (50) plank
 20min x 2 side planks
 10 push-ups 100 rest
 10 push-ups (50) plank
 20min x 2 side planks
 10 push-ups
 Monster Walks, 3 x 15 paces in
 each direction
 Squats w/ 10min, 3 x 15 min
 and slow

BRICK

Mile (200)
 Duration (P) 0:45:00
Workout Description Mostly
 steady riding with 1-10 minutes
 of strong effort mixed in to the
 session. This steady for 10-20
 between each strong effort
T Run
 20' of aerobic running within 10'
 of completing run

RUN

Mile - Steady
 Duration 1:00:00
Post Run Recovery Swims
 400P with 5-min warm up
 400P 2nd warm up
 400P with 5-min warm up
 8 x 200' at 4 x ("Fast" / "easy")
 20' @ 2'
 8 x 100P (swim) 1 x 200P, 70L
 80L, 90L x 20'
 8 x 200P "moderate" ... focus on
 technique + 10'

10

REST

Build & Begin Team
Workout Description
 Start putting 4 back - 100 at once
 four of every week for
 Day Off - Rest

SWIM

Mile (200)
 Duration (P) 1:00:00
Workout Description
 1:00 steady Easy and build to steady
 effort once time
 400 easy and interval
 1:00 steady faster than the first and
 some change in effort required to
 swim faster
 2 x 100 swim 200 rest
 Pre-activity comments
 To add make your workout to better
 than the first

RUN

Mile - Trainer (200)
 Duration (P) 0:45:00
Workout Description
 75-min easy warmup
 11-min Repeats (2 200) min @
 2:15 min @ 2:15 about the 15
 min interval on the 2.5 %

SWIM

Mile - Race Prep (200)
 Duration (P) 0:45:00
Workout Description
 1000 swim (200 x 5)
 400 swim (200 x 2) 100 pull
 400
 2000 on gear race pace
 20'
 4000 on 15 gear race pace (75
 min)

STRENGTH

Strength - Total Body
 Duration (P) 0:30:00
Workout Description
 70 push-ups (50) plank
 20min x 2 side planks
 10 push-ups 100 rest
 10 push-ups (50) plank
 20min x 2 side planks
 10 push-ups
 Monster Walks, 3 x 15 paces in
 each direction
 Squats w/ 10min, 3 x 15 min
 and slow

BRICK

Mile - 200 Duration (P) 0:45:00
Workout Description Mostly
 steady riding with 3 x 10 (20 min
 intervals on each road as you
 need. Variation one day
T Run
 20' of aerobic running within 10'
 of completing run

RUN

Mile - Easy
 Duration 1:00:00
Post Run Recovery Swims
 400P with 5-min warm up
 400P 2nd warm up
 400P with 5-min warm up
 8 x 200' at 4 x ("Fast" / "easy")
 20' @ 2'
 8 x 100P (swim) 1 x 200P, 70L
 80L, 90L x 20'
 8 x 200P "moderate" ... focus on
 technique + 10'

11

BIKE

Easy Steady
 If you do anything off the plan this
 week, do not think the cannot get
 any faster
 1 hour ride
 Very easy ride today but insert 1 x
 2 min @ race effort on regular road.

SWIM

Race Prep Set
 1000m
 200 easy full gear (pedals and
 strap, then 200 x 100 @ 20' 20%)
 of 200 at 11 min rest. 20 min of 1 x
 through
 1000 swim with an easy 200

RUN

400' running for 10'

SWIM

Prep (200)
 Duration (P) 0:45:00
 Distance (P) 2000m
Workout Description
 800
 400 swim (200 x 2) 100 pull
 400
 2000 on gear race pace
 20'
 4000 on 15 gear race pace (75
 min)

PREP

10' Open Water Swims on course
 Practice sighting and weather
 take day

PREP

Custom - Pre - Race Tune Up
 Duration (P) 0:45:00
Workout Description
 Get out and into the bike, checking
 the gears and all maintenance for
 before the 30 minutes then get off
 for an easy 20 minutes on with
 20 minutes of steady. The steady
 to keep the blood flowing and
 calm pre-race nerves

RACE DAY

Good luck and happy racing!

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Ironman Training Guide

Joe Friel, Gordon Byrn



Ironman Training Guide:

Triathlete Magazine's Essential Week-by-Week Training Guide Matt Fitzgerald,2009-11-29 From Triathlete magazine the most popular source for triathlete information comes an essential guidebook of weekly training plans for all skill levels As popular as the swim bike run sport has become in recent years triathlon training remains a daunting physical and mental challenge From short sprints to Olympic distance events this guide from Triathlete magazine provides athletes with different plans for every skill level and shows them how to build up their training to reach their ultimate goal Good humored narrative text accompanies detailed workout schedules guidelines weekly goals and coaching tips Including off season training advice and photo illustrated stretches and exercises this is the book triathletes need to stay at the top of their game

[Become an Ironman](#) Cherie Gruenfeld,2008 Looks at the three stages of a triathlon and provides advice tips and training techniques for both the body and the mind

Ironman's Home Gym Handbook Steve Holman,1990

[The Triathlete's Training Bible](#) Joe Friel,2024-01-02 The Triathlete s Training Bible is the bestselling and most comprehensive guide for aspiring and experienced triathletes now updated to incorporate new training principles and the latest methodologies to help athletes train smarter than ever Joe Friel is the most trusted coach in the world and his proven triathlon training program has helped hundreds of thousands find success in the sport of triathlon Joe has greatly updated this new Fifth Edition of The Triathlete s Training Bible to incorporate new training methods especially on workout intensity to help athletes train smarter and produce better results than ever The Triathlete s Training Bible equips triathletes of all abilities with every detail they must consider when planning a season lining up a week of workouts or preparing for race day With this new edition Joe will guide you to develop your own personalized triathlon training program and Become a better swimmer cyclist and runner Train with the most effective intensity and volume Gain maximum fitness from every workout Make up for missed workouts and avoid overtraining Adapt your training plan based on your progress and lifestyle Build muscular endurance with a proven approach to strength training Improve body composition with smarter nutrition The Triathlete s Training Bible is the best selling book on tri training ever published Get stronger smarter and faster with this newest version of the bible of the sport What s New in the Fifth Edition of The Triathlete s Training Bible The science and sport of triathlon have changed since the previous edition was released This new edition adds emphasis to personalizing training plans incorporates new power pace and heart rate techniques for swimming cycling and running improves on skill development techniques updates his strength training approach speeds up recovery for busy athletes and cuts through the noisy volume of training data to focus athletes on the numbers that mean the most to better performance The most significant changes have to do with getting the intensity of workouts right to build a bigger aerobic endurance base while becoming more race fit

Do Life Ben Davis,2014-01-07 At the age of twenty two Ben Davis weighed over 360 pounds Depressed addicted to food and morbidly obese he thought he d lost all hope But after a conversation with his grandmother

Ben promised himself that he would finally take control of his life Ben decided to do life and so can you He started running At first he couldn't run a mile but before long he was running five ten and then twenty miles at a time His father and brother joined him and as a team they ran a marathon and went on to complete one of the hardest physical competitions in the world the Ironman Throughout his journey Ben captured his transformation in a series of YouTube videos inspiring countless others around the world to do life along with him Here Ben shares more of his personal story and illustrates how you can use his techniques to start living your own life to the fullest Do Life isn't just about diet or exercise depression or addiction it's about stepping out of your ordinary life and becoming who you want to be It's the story of one man who decided to live life his way And it could be your story too

Be Iron Fit Don Fink, 2010-03-16 Most how to books are too technical or too shallow Don Fink manages to pen a unique combination of information anecdotes and readability Scott Tinley two time Ironman World Champion Don's book certainly made me think A truly complete book for all abilities in the sport of triathlon that leaves no subject untouched Spencer Smith three time Triathlon World Champion Ever dream of being an elite endurance athlete and competing in races like Hawaii's Ironman Pro athletes are not the only people who can attain such superior accomplishments Every season tens of thousands of amateur triathletes compete head to head pushing their physical and mental strength to the limits The Ironman competition is a true test a 2.4 mile open water swim followed by a 112 mile bike leg and a 26.2 mile marathon run In **Be Iron Fit** sought after multisport coach Don Fink draws on his time efficient training methods to provide a practical program in a step by step enjoyable way so even everyday athletes can attain ultimate conditioning

Ironman, 2014

Going Long Joe Friel, Gordon Byrn, 2013-09-13 Internationally recognized triathlon coach and best selling author Joe Friel teams up with ultra endurance guru Gordon Byrn in Going Long the most comprehensive guide to racing long course and Ironman distance triathlons Combining science with personal experience Friel and Byrn prepare anyone from the working age grouper to the podium contender for success in triathlon's ultimate endurance event Whether you are preparing for your first long course triathlon or your fastest Going Long will make every hour of training count 40 sport specific drills to improve technique and efficiency Updates to mental training Key training sessions workout examples and strength building exercises A simple approach to balancing training work and family obligations A new chapter on active recovery injury prevention and treatment Going Long is the best selling book on Ironman training Friel and Byrn guide the novice intermediate and elite triathlete making it the most comprehensive and nuanced plan for Ironman training ever written Going Long is the best resource to break through an Ironman performance plateau to find season after season of long course race improvements

Coach in a Binder. Ironman Training Program . Second Edition. Frank Adornato, 2017-02-20 *Coach In A Binder Ironman Training Program Second Edition* is your alternative to having a personal coach It has been designed to tell you what to do week by week in all disciplines swimming cycling running strength work stretching eating recovery pre race taper and race day itself The format is easy to follow as you train through the weeks leading up to race day The art and

science of physical training is dynamic It has always been changing and advancing with new data So too this Coach In A Binder has been updated from the first printing Like the first printing it is designed to tell you what to do week by week in all disciplines swimming cycling running strength work as well as stretching eating recovery pre race taper and race day itself Several new workouts and updated strength work are included in this edition When you re on the beach race morning you want to be confident that you ve trained properly that your body and mind are ready you have a fuel plan and a finish is as certain as it can be given the daunting task at hand Follow this Coach In A Binder carefully and you ll have a successful safe and fun race

Triathlon the Ultimate Sport Lisa Hill,Brooke Hill,2018-03-02 Triathlon the Ultimate Sport is the ultimate guide to taking your triathlon goals to the next level This book is written and formatted to be easy to read and apply the information presented Whether you are just starting out or finishing your tenth triathlon Triathlon the Ultimate Sport has something for everyone In depth training plans for all levels beginner intermediate and advanced A 24 week Ironman distance training program and scores of thoughts tips and tricks to make your training the best it can be So put on your swim goggles grease up your bike gears and lace up those running shoes and get started

Going Long Joe Friel,Gordon Byrn,2009-02-10 Presents drills workouts and a strength training program to improve techniques and build endurance to compete in an ironman triathlon

Be IronFit Don Fink,Melanie Fink,2016-01-01 The third edition of the best Ironman triathlon training book in the market this updated volume contains time efficient training methods that have been honed over the years and have been proved to aid anyone in achieving their athletic dreams from beginners to experienced competitors This edition contains all new training plans new swim sessions new athlete profiles and state of the art flexibility and core strength regimens Be Iron Fit contains The essential workouts with exercise photography The training cycle Core training 30 week training programs Effective time management The principle of gradual adaptation Effective heart rate training Proper technique Equipment tips Race and pre race strategies Mental training Effective goal setting and race selection Nutrition And much more

Inside Triathlon ,2006

Project Ironman Todd Pringle,2016-01-14 I have written this book over the course of the last 5 years leveraging the contents as I coach and train for Ironman distance races There seemed to be a gap to help assist self coached athletes to pull together the pieces helping them achieve their personal goals in endurance sports Most books I have read are excellent for helping to define training plans use of training technologies sprinkled with a few inspirational stories of how people overcame their challenges to achieve their triathlon goals The challenge for some of us myself included is that technology and the details of the workouts are only a piece of the puzzle that help us to achieve our goals They are the needed evils of training for our sport but what seemed to be missing was a method to pull the information together in a manner that wasn t completely overwhelming My approach was developed to ensure I had triathlon work life balance and not necessarily in that order in an easy to understand methodology Most of us hold down full time jobs and have kids or other family activities at the very least I have a unique background for this journey with you I am veteran of many

marathons and all Triathlon length races including multiple Ironman s I am an IRONMAN CERTIFIED Coach I am also a seasoned project manager since the early 90 s and have managed numerous multimillion dollar complex projects The discipline instilled by project management with budget scope schedule and quality constraints naturally lent itself to a logical and ordered approach for tackling the Ironman goals I took my simple approach that I apply to large projects and applied it for endurance sports

Ultimate Triathlon Paul Moore, Richard Hoad, 2011 This is a guide to training for and competing in long distance Ironman triathlons one of the world s toughest sporting events Comprising of a 2 4 mile swim a 112 mile cycle and a marathon Ironman distance triathlon is a daunting undertaking for every competitor for the first timer it can be overwhelming Yet the numbers of participants are rocketing as thousands of people who have completed a sprint or standard distance triathlon are looking for their next challenge This book takes a holistic approach to the sport It covers everything from training plans to race entry from preparing your equipment to nutrition It is not guaranteed to get you over the finish line but it will help ensure that you are as prepared as you can be when the gun goes off The content is aimed at levels of ability ranging from first timers to the more experienced and includes information for triathletes from a variety of age groups Accessible lively and authoritative this book is the ideal guide to training for one of the most difficult sporting challenges in the world

A First-Timer's Guide to Ironman Training, Nutrition, and Race Day Strategies Steve McDonald, 2024-06-19 IRONMAN A First Timer s Guide to Ironman Training Nutrition and Race Day Strategies is designed to help the beginner Ironman athlete to plan for compete in and recover from their first ever Ironman competition It describes what an Ironman is provides practical strategies for pre during and post race helpful tips for training mental preparation recovery nutrition equipment and a sample 29 week Ironman programme If you are considering training for and completing your first Ironman then this is the book for you Ironman is achievable for almost anyone so long as you have a plan have a programme and commit to the long hours of training and recovery Come join the Ironman family

Scott Tinley's Winning Guide to Sports Endurance Scott Tinley, Ken McAlpine, 1994 Three time world series champion triathlete Scott Tinley shows endurance athletes how to train smarter get stronger compete harder In this guide to sports endurance three time World Series champion triathlete Scott Tinley shows endurance athletes how to train smarter get stronger and compete harder

Velo News ,2003 *Training Plans for Multisport Athletes* Gale Bernhardt, 2000 Offers multisport athletes advice on how to understand the science of training and effectively self train providing sample training plans for different levels of multisport events specific workouts for each type of plan ratings for exertion levels and generic training plans that can be used for all ability levels

TV Guide ,1997

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