

## 36 Week Beginner Ironman Training Plan

<b>Week 1</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>	<b>TOTAL Time</b>
Swim	1500 TECH-A		1500 ST-A			1500 E-A	1:30
Bike		30 TEMPO-A	30 Z1		30 Z1/Z2		1:30
Run	30 Z1/Z2			20 Z1/Z2		30 Z1/Z2	1:20
							4:20
<b>Week 2</b>							
Swim	1500 TECH-B		1500 ST-B			1500 E-B	1:30
Bike		30 TEMPO-B	30 Z1		45 Z1/Z2		1:45
Run	30 Z1/Z2			25 Z1/Z2		30 Z1/Z2	1:25
							4:40
<b>Week 3</b>							
Swim	2000 TECH-A		1500 ST-A			1500 E-A	1:40
Bike		30 TEMPO-A	35 Z1		60 Z1/Z2		2:05
Run	30 Z1/Z2			25 Z1/Z2		45 Z1/Z2	1:40
							5:25
<b>Week 4</b>							
Swim	2000 TECH-B		1500 ST-B			1500 E-B	1:40
Bike		30 TEMPO-B	30 Z1		30 Z1/Z2		1:30
Run	35 Z1/Z2			20 Z1/Z2		30 Z1/Z2	1:25
							4:35
<b>Week 5</b>							
Swim	2000 TECH-A		2000 ST-B			2000 E-A	2:00
Bike		35 TEMPO-A	35 Z1		60 Z1/Z2		2:10
Run	35 Z1/Z2			25 Z1/Z2		45 Z1/Z2	1:45
							5:55

<b>Week 6</b>							
Swim	2000 TECH-B		2000 ST-A			2000 E-B	2:00
Bike		35 TEMPO-B	35 Z1		1:15 Z1/Z2		2:25
Run	35 Z1/Z2			25 Z1/Z2		45 Z1/Z2	1:45
							6:10
<b>Week 7</b>							
Swim	2500 TECH-A		2500 ST-A			2000 E-A	2:20
Bike		35 TEMPO-A	40 Z1		1:30 Z1/Z2		2:45
Run	35 Z1/Z2			30 Z1/Z2		60 Z1/Z2	2:05
							7:10
<b>Week 8</b>							
Swim	2500 TECH-B		2000 ST-B			2500 E-A	2:20
Bike		30 TEMPO-A	30 Z1		60 Z1/Z2		2:00
Run	30 Z1/Z2			30 Z1/Z2		45 Z1/Z2	1:45
							6:05
<b>Week 9</b>							
Swim	2500 TECH-A		2500 ST-B			2500 E-B	2:30
Bike		40 TEMPO-A	40 Z1		1:30 Z1/Z2		2:50
Run	40 Z1/Z2			35 Z1/Z2		60 Z1/Z2	2:15
							7:35
<b>Week 10</b>							
Swim	2500 TECH-B		2500 ST-A			2500 E-A	2:30
Bike		40 TEMPO-B	40 Z1		2:00 Z1/Z2		3:20
Run	40 Z1/Z2			35 Z1/Z2		1:15 Z1/Z2	2:30
							8:20

<b>Week 11</b>							
Swim	3000 TECH-A		2500 ST-B			2500 E-B	2:40
Bike		40 TEMPO-A BR	40 Z1		2:30 Z1/Z2 BR		3:50
Run	30 Z1/Z2	15 BR		40 ST-A	10 BR	1:30 Z1/Z2	3:05
							9:35
<b>Week 12</b>							
Swim	2500 TECH-A		3000 ST-A			2500 E-A	2:40
Bike		45 TEMPO -A	40 Z1		2:00 Z1/Z2		3:25
Run	30 Z1/Z2			40 ST-B		60 Z1/Z2	2:10
							8:15
<b>Week 13</b>							
Swim	3000 TECH-B		2500 ST-A	15 OWS	1600 yd. RS		2:35
Bike		40 TEMPO-B BR		30 BR	24.8 miles RS	1:30 Z1	4:10
Run	30 Z1/Z2	15BR		15 BR	6.2 miles RS		2:00
							8:45
<b>Week 14</b>							
Swim	2500 TECH-B		3000 ST-B			2500 E-B	2:40
Bike		45 TEMPO-B	40 Z1		2:00 Z1/Z2		3:25
Run		30 Z1/Z2		40 ST-A		60 Z1/Z2	2:10
							8:15
<b>Week 15</b>							
Swim	3000 TECH-B		3000 ST-B			3000 E-A	3:00
Bike		45 TEMPO-B	60 Z1		2:30 Z1/Z2 BR		4:15
Run	40 Z1/Z2			45 ST-A	15 BR	1:30 Z1/Z2	3:10
							10:25

<b>Week 16</b>							
Swim	3000 TECH-A		3000 ST-A			3000 E-B	3:00
Bike		45 TEMPO-A BR	60 Z1		3 hr. Z1/Z2		4:45
Run	40 Z1/Z2	15 BR		45 ST-B		1:45 Z1/Z2	3:25
							11:10
<b>Week 17</b>							
Swim	3000 TECH-B		3000 ST-B			60 min. OWS-A	3:00
Bike		45 TEMPO-B	60 Z1		3:30 Z1/Z2 BR		5:15
Run	40 Z1/Z2			45 ST-A	15 BR	1:45 Z1/Z2	3:25
							11:40
<b>Week 18</b>							
Swim	2500 TECH-B		3000 ST-A			60 min. OWS-B	2:50
Bike		30 TEMPO-B	1:15 Z1		2:30 Z1/Z2 BR		4:15
Run	30 Z1/Z2			40 ST-A	15 BR	1:30 Z1/Z2	2:55
							10:00
<b>Week 19</b>							
Swim	3500 TECH-A		3500 ST-A			60 min. OWS-A	3:20
Bike		50 TEMPO-A	1:15 Z1		3:30 Z1/Z2 BR		5:35
Run	40 Z1/Z2			50 ST-A	15 BR	1:45 Z1/Z2	3:30
							12:25

<b>Week 20</b>							
Swim	3500 TECH-B		3500 ST-B	1:10 OWS-A			3:30
Bike		50 TEMPO -B BR	1:15 Z1		4:00 Z1/Z2		6:05
Run	45 Z1/Z2	15 BR		50 ST-B		2 hr. Z1/Z2	3:50
							13:25
<b>Week 21</b>							
Swim	3500 TECH-A		3500 ST-A	1:10 OWS-B			3:30
Bike		50 TEMPO-A	1:15 Z1		4:30 Z1/Z2 BR		6:35
Run	45 Z1/Z2			50 ST-A	20 BR	2:15 Z1/Z2	4:10
							14:15
<b>Week 22</b>							
Swim	3000 TECH-A		3000 ST-B	1:10 OWS-A			3:10
Bike		50 TEMPO-B	1:15 Z1		3:30 Z1/Z2 BR		5:35
Run	30 Z1/Z2			45 ST-B	20 BR	1:45 Z1/Z2	3:20
							12:05
<b>Week 23</b>							
Swim	3500 TECH-A		3500 TECH-B	60 OWS-B	15 OWS	1.2 Miles RS	4:20
Bike		45 TEMPO-A	1:15 Z1		30 BR	56 Miles RS	5:30
Run	45 Z1/Z2			30 Z1/Z2	10 BR	13.1 Miles RS	3:15
							13:05
<b>Week 24</b>							
Swim	3000 TECH-B		3000 ST-A	1:10 OWS-B			3:20
Bike		50 TEMPO-B	1:15 Z1		3:30 Z1/Z2 BR		5:35
Run		30 Z1/Z2		45 ST-A	20 BR	1:45 Z1/Z2	3:20
							12:15

<b>Week 25</b>							
Swim	4000 TECH-A		4000 ST-A	1:10 OWS-B			3:50
Bike		50 TEMPO-A	1:30 Z1		4:30 Z1/Z2		6:50
Run	45 Z1/Z2			55 ST-A		2:15 Z1/Z2	3:55
							14:25
<b>Week 26</b>							
Swim	4000 TECH-B		4000 ST-B	1:20 OWS-A			4:00
Bike		50 TEMPO-B	1:30 Z1		5:00 Z1/Z2 BR		7:20
Run	45 Z1/Z2			60 ST-A	20 BR	2:30 Z1/Z2	4:35
							15:55
<b>Week 27</b>							
Swim	4000 TECH-A		4000 ST-A	1:20 OWS-B			4:00
Bike		55 TEMPO-A BR	1:30 Z1		5:30 Z1/Z2		7:55
Run	45 Z1/Z2	15 BR		60 ST-B		2:30 Z1/Z2	4:30
							16:25
<b>Week 28</b>							
Swim	3000 TECH-B		3500 ST-B	1:20 OWS-A			3:30
Bike		45 TEMPO-A	1:30 Z1		4:30 Z1/Z2 BR		6:45
Run	40 Z1/Z2			45 ST-A	25 BR	2 hr. Z1/Z2	3:50
							14:05
<b>Week 29</b>							
Swim	4000 TECH-B		4000 ST-B		2400 RS		3:30
Bike		55 TEMPO-B	60 Z1		70 Miles RS	1:30 Z1	7:30
Run	45Z1/Z2	15 BR		30 Z1/Z2	16 Miles RS		4:15
							15:15

<b>Week 30</b>							
Swim	3000 TECH-A		3500 ST-A	1:20 OWS-B			3:30
Bike		45 TEMPO-B	1:30 Z1		4:30 Z1/Z2 BR		6:45
Run	40 Z1/Z2			45 ST-B	25 BR	2 hr. Z1/Z2	3:50
							14:05
<b>Week 31</b>							
Swim	4500 TECH-A		4500 ST-A	1:20 OWS-B			4:20
Bike		60 TEMPO-A	1:30 Z1		5:30 Z1/Z2 BR		8:00
Run	30 Z1/Z2			60 ST-A	25 BR	2:30 Z1/Z2	4:25
							16:45
<b>Week 32</b>							
Swim	4500 TECH-B		4500 ST-B	1:30 OWS-A			4:30
Bike		60 TEMPO-B BR	1:30 Z1		6 hr. Z1/Z2		8:30
Run	45 Z1/Z2	15 BR		60 ST-B		2:45 Z1/Z2	4:45
							17:45
<b>Week 33</b>							
Swim	4500 TECH-A		5000 ST-A	1:30 OWS-B			4:40
Bike		1:15 TEMPO- A	1:30 Z1		6:30 Z1/Z2 BR		9:15
Run	30 Z1/Z2			60 ST-A	30 BR	3 hr. Z1/Z2	5:00
							18:55

<b>Week 34</b>							
Swim	3500 TECH-B		4000 ST-B	1:20 OWS=A			3:30
Bike		45 TEMPO-B	1:15 Z1		4 hr. Z1/Z2 BR		6:00
Run	40 Z1/Z2			45 ST-A	15 BR	2 hr. Z1/Z2	3:40
							13:10
<b>Week 35</b>							
Swim	3000 TECH-A		3000 ST-A	60 min. OWS- B			3:00
Bike		45 TEMPO-A	60 Z1		2 hr. Z1/Z2 BR		3:45
Run	30 Z1/Z2			30 ST-A	15 BR	60 Z1/Z2	2:15
							9:00
<b>Week 36</b>							
Swim	3000 TECH-B		1500 ST-A	REST	15 OWS	RACE!	1:45 + RACE
Bike		45 TEMPO-B	45 Z1 BR	REST	30 BR	RACE!	2:00 + RACE
Run	30 Z1/Z2		15 BR	REST	10 BR	RACE!	55 + RACE
							4:50 + RACE



## Swim Workouts:

<b>Workout Code</b>	<b>Warm-up</b>	<b>Main Set</b>	<b>Cool-down</b>
1500 TECH-A	200 Easy Free; 100 Pull; 100 Kick	8X50 as Drill/Easy Free; 200 Pull; 8X50 as Drill/Easy Free	100 Easy Free
1500 TECH-B	200 Easy Free; 100 Pull; 100 Kick	4X50 as Drill/Easy Free; 200 Pull; 4X100 as 25 Fast/25 Easy/25 Sight/25 Easy; 4X50 as Drill/Easy Free	100 Easy Free
2000 TECH-A	300 Easy Free; 200 Pull; 100 Kick	8X50 as Drill/Easy Free; 4X100 Pull-breathe weak side only; 6X50 as Drill/Easy Free; 2X100 Pull-breathe bilaterally	100 Easy Free
2000 TECH-B	300 Easy Free; 200 Pull; 100 Kick	8X50 as Drill/Easy Free; 4X100 as 25 Fast/25 Easy/25 Sight/25 Easy; 4X50 as 25 Swim with Head Out of the Water/25 Easy Free; 6X50 as 25 Fast/25 Easy + Sight	100 Easy Free
2500 TECH-A	400 Easy Free; 200 Pull; 200 Kick	4X50 as Drill/Easy Free; 4X100 Pull-breathe weak side only; 4X75 as Drill/Kick/Easy Free; 4X100 Pull-breathe bilaterally; 4X75 as 25 Fast/25 Sight/25 Easy Free	100 Easy Free
2500 TECH-B	400 Easy Free; 200 Pull; 100 Kick	8X50 as Drill/Easy Free; 4X100 Pull-breathe every 3-5-7-9 strokes by 25; 4X75 as Drill/Kick/Easy Free 4X150 Pull-breathe weak side only	100 Easy Free

3000 TECH-A	400 Easy Free; 200 Pull; 100 Kick	8X50 Drill; 400 Easy Free-sight every 4 <sup>th</sup> length; 100 Pull-breathe weak side only; 6X50 Drill; 300 Easy Free-sight every 4 <sup>th</sup> length; 100 Pull-breathe bilaterally 4X50 Drill; 200 Easy Free-sight every 4 <sup>th</sup> length; 100 Pull-breathe weak side only; 2X50 Drill	100 Easy Free
3000 TECH-B	300 Easy Free; 200 Pull; 100 Kick	6X50 as Drill/Easy Free; 4X50 Pull-breathe weak side only; 2X50 Fast Free + Sight; 3X100 as 50 Drill/50 Easy Free; 2X100 Pull-breathe every 3-5-7-9 strokes; 100 Easy Free; 2X50 as Fast Free + Sight; 4X50 Pull-breathe bilaterally; 6X50 as Drill/Easy Free	100 Kick; 200 Pull; 300 Easy Free
3500 TECH-A	500 Easy Free; 250 Pull; 150 Kick	500 Pull-breathe every 3-5 strokes; 5X50 as Drill/Easy Free 100 Easy Free; 400 Pull-breathe weak side only; 4X50 as Drill/Easy Free 100 Easy Free; 300 Pull-breathe every 3-5 strokes; 3X50 as Drill/Easy Free; 100 Easy Free; 200 Pull-breathe weak side only; 2X50 as Drill/Easy Free	200 Easy Free

3500 TECH-B	300 Easy Free; 200 Pull; 100 Kick	6X50 as Drill/Easy Free; 4X50 Pull-breathe weak side only; 2X50 Fast Free + Sight; 6X100 as 50 Drill/50 Easy Free; 4X100 Pull-breathe every 3-5-7-9 strokes; 2X100 as 50 Drill/50 Easy Free; 2X50 as Fast Free + Sight; 4X50 Pull-breathe bilaterally; 6X50 as Drill/Easy Free	100 Kick; 200 Pull; 300 Easy Free
4000 TECH-A	500 Easy Free; 250 Pull; 150 Kick	8X50 as Drill/Easy Free; 4X100 as 25 Fast/25 Easy/25 Sight/25 Easy; 4X50 as 25 Swim with Head Out of the Water/25 Easy Free; 6X50 as 25 Fast/25 Easy Free + Sight; 4X50 Fast + Sight (Repeat 2X)	100 Easy Free
4000 TECH-B	500 Easy Free; 250 Pull; 150 Kick	300 Pull-breathe bilaterally; 2X150 as 50 Easy/50 Moderate/50 Fast; 3X100 Pull-breathe weak side only; 4X75 as Drill/Kick/Easy Free; 6X50 as 25 Fast/25 Easy Free + Sight (Repeat 2X)	100 Easy Free
4500 TECH-A	500 Easy Free; 200 Pull; 100 Kick	8X50 as Drill/Easy Free; 5X100 Easy Free-focus on still head 8X50 Pull-breathe weak side only 5X100 Easy Free-focus on entry; 8X50 as Drill/Easy Free; 5X100 Easy Free-focus on catch; 8X50 Pull-breathe every 5-7 strokes; 5X100 Easy Free-focus on even hip rotation	100 Easy Free

4500 TECH-B	500 Easy Free; 250 Pull; 150 Kick	500 Pull-breathe bilaterally; 5X100 as 50 Drill/50 Easy Free; 100 Easy Free; 400 Pull-breathe weak side only; 4X100 as 25 Fast/50 Easy Free/25 Fast + Sight; 100 Easy Free; 300 Pull-breathe every 3-5-7-9 strokes by 25; 3X100 as Drill/Easy Free/Kick/Easy Free; 100 Easy Free; 200 Pull-breathe weak side only; 2X100 as 25 Fast/50 Moderate/25 Easy; 100 Easy Free; 100 Pull-breathe bilaterally; 100 Fast + Sight	200 Easy Free
1500 ST-A	200 Easy Free; 100 Pull; 100 Kick	4X50 as Drill/Easy Free; 4X50 Build to fast; 8X25 Fast; 8X50; Odds-Easy; Evens-Fast	100 Easy Free
1500 ST-B	100 Easy Free; 100 Pull; 50 Kick	4X50 as Drill/Easy Free; 4X50 Build to fast; 4X50 Fast; 4X75 Fast; 3X100 as 25 Fast/50 Moderate/25 Fast	50 Easy Free
2000 ST-A	200 Easy Free; 100 Pull; 100 Kick	4X50 as Drill/Easy Free; 4X50 Build to fast; 8X25 Fast; 4X50 as Build/Fast 4X50 Fast; 4X75 as Easy/Moderate/Fast; 2X100 Fast	100 Easy Free

2000 ST-B	200 Easy Free; 100 Pull; 100 Kick	4X50 as Drill/Easy Free; 4X50 Build to fast; 100 Easy Free; 8X25 Fast; 4X50 as Build/Fast; 100 Easy Free; 4X75 as 50 Fast/25 Easy; 2X100 Fast	100 Easy Free
2500 ST-A	200 Easy Free; 100 Pull; 100 Kick	4X50 as Drill/Easy Free; 4X50 Build to fast; 100 Easy Free; 8X25 Fast; 8X50 Fast/Moderate; 100 Easy Free; 8X25 Fast; 4X100 Fast; 8X25 Fast	100 Easy Free
2500 ST-B	200 Easy Free; 100 Pull; 100 Kick	4X50 as Drill/Easy Free; 4X50 Build to fast; 2X(50-100-150-200-150-100-50), where "50's" are fast and "00's" are moderate	100 Easy Free
3000 ST-A	200 Easy Free; 100 Pull; 100 Kick	4X50 as Drill/Easy Free; 4X50 Build to fast; 8X25 Fast; 100 Easy Free; 4X50 Fast; 4X75 as Fast/Easy/Fast; 4X100 Fast; 4X125 as 25 Fast/75 Moderate/25 Fast; 2X150 as 50 Easy/50 Moderate/50 Fast	200 Easy Free

3000 ST-B	200 Easy Free; 100 Pull; 100 Kick	4X50 as Drill/Easy Free; 4X50 Build to fast; 4X25 Fast; 100 Pull; 8X25 Fast; 200 Pull; 12X25 Fast 300 Pull; 16X25 Fast 400 Pull	200 Easy Free
3500 ST-A	200 Easy Free; 100 Pull; 100 Kick	4X50 as Drill/Easy Free; 4X50 Build to fast; 500 as 25 fast/25 easy/50 fast/50 easy/75 fast/75 easy/100 fast/100 easy; 400 Pull; 4X100 as 25 fast/75 easy; 300 Pull; 3X100 as 50 fast/50 easy; 200 Pull; 2X100 as 75 fast/25 easy; 100 Pull; 100 Fast	200 Easy Free

3500 ST-B	200 Easy Free; 100 Pull; 100 Kick	4X50 as Drill/Easy Free; 4X50 Build to fast; 100 Easy Free; 10X50 Fast; 5X100 as 25 fast/50 moderate/25 fast; 4X125 as 75 fast/50 easy; 2X250 with middle 150 fast; 500 Best Effort	100 Easy Free
4000 ST-A	500 Easy Free; 250 Pull; 150 Kick	8X50 as Drill/Easy Free; 8X50 as Build to fast; 4X50 Fast 3X100 as 75 fast/25 easy 4X50 Fast (Repeat 2X)	100 Easy Free
4000 ST-B	500 Easy Free; 250 Pull; 150 Kick	8X50 as Drill/Easy Free; 6X50 Build to fast; 12X25 Fast; 400 Pull; 16X25 Fast; 200 Pull; 8X50 Fast; 200 Pull; 4X100 Fast	100 Easy Free

4500 ST-B	500 Easy Free; 250 Pull; 150 Kick	8X50 as Drill/Easy Free; 8X50 as Build to fast; 5X100 Pull; 8X50 Fast; 5X100 Fast; 8X50 Fast; 5X100 Pull; 8X50 Fast;	100 Easy Free
5000 ST-A	500 Easy Free; 250 Pull; 150 Kick	10X50 as Drill/Easy Free; 5X50 as Build to fast; 10X25 Fast; 5X100 Fast; 500 Pull 8X125 as 75 Fast/50 Easy 2X250 Pull 1000 Best Effort	100 Easy Free
1500 E-A	200 Easy Free; 100 Pull; 100 Kick	4X250 Moderate	100 Easy Free
1500 E-B	200 Easy Free; 100 Pull; 100 Kick	2X500 Moderate	100 Easy Free
2000 E-A	200 Easy Free; 100 Pull; 100 Kick	5X300 Moderate	100 Easy Free
2000 E-B	200 Easy Free; 100 Pull; 100 Kick	3X500, Descend 1-3	100 Easy Free
2500 E-A	200 Easy Free; 100 Pull; 100 Kick	10X100 Fast; 2X250 with middle 150 fast; 500 Moderate	100 Easy Free
2500 E-B	200 Easy Free; 100 Pull; 100 Kick	4X250 Moderate; 2X500 Moderate	100 Easy Free



3000 E-A	200 Easy Free; 100 Pull; 100 Kick	5X100 @ 80% effort; 4X250 @ 75% effort; 2X500 @ 70% effort	100 Easy Free
3000 E-B	200 Easy Free; 100 Pull; 100 Kick	500 @ 70% effort; 2X250 @ 75% effort; 5X100-Odd: Fast; Even: Easy; 2X250 @ 75% effort; 500 @ 70% effort	100 Easy Free
60-min. OWS-A	N/A	Continuous Open Water Swim for 60 minutes	N/A
60-min. OWS-B	10 min. Easy	Build 5 min.; 2X(15 min. @ IM effort/5 min. easier)	15 min. Easy
1:10 OWS-A	N/A	Continuous Open Water Swim for 1 hr. 10 min.	N/A
1:10 OWS-B	10 min. Easy	Build 5 min.; 8X(3 min. @ IM effort/1 min. fast/1 min. easy)	15 min. Easy
1:20 OWS-A	N/A	Continuous Open Water Swim for 1 hr. 20 min.	N/A
1:20 OWS-B	15 min. Easy	Build 5 min.; 3X(10 min @ IM effort/5 min. easier)	15 min. Easy
1:30 OWS	N/A	Continuous Open Water Swim for 1 hr. 30 min.	N/A

## Bike Workouts:

Workout Code	Warm-up	Main Set	Cool-down
30 TEMPO-A	10 minutes building Z1-Z2	5X(30 sec. Z4 @ 100+rpm/2:30 easy)	5 minutes Z1-Z2
30 TEMPO-B	10 minutes building Z1-Z2	5X(30 sec. Z3 @ 95 rpm/30 sec. Z4 @100+ rpm/2 min. easy)	5 minutes Z1-Z2
35 TEMPO-A	10 minutes building Z1-Z2	5X(30 sec. Z2 @ 90 rpm/30 sec. Z3 @95 rpm/30 sec. Z4 @ 100+rpm/3:30 easy)	10 minutes Z1-Z2
35 TEMPO-B	10 minutes building Z1-Z2	5X(1 min. build Z3-4 @ 100+ rpm/2 min. easy)	10 minutes Z1-Z2
40 TEMPO-A	10 minutes building Z1-Z2	4X(1:30 building Z3-4 @ 100+4pm/3:30 easy)	10 minutes Z1-Z2
40 TEMPO-A	10 minutes building Z1-Z2	4X(3 min building Z3-4 @ 90+ rpm/2 min. easy)	10 minutes Z1-Z2
45 TEMPO-A	10 minutes building Z1-Z2	5X(4 min. building Z3-Z4 @ 90+ rpm./1 min. easy)	10 minutes Z1-Z2
45 TEMPO-B	10 minutes building Z1-Z2	2X(6:30 Z3 @ 90+ rpm/1 min. easy)	10 minutes Z1-Z2
50 TEMPO-A	15 minutes building Z1-Z2	10 min. Z3 @ 90+rpm/5 min. easy/10 min. Z3 @ 90+rpm	10 minutes Z1-Z2
50 TEMPO-A	15 minutes building Z1-Z2	5X(3 min. Z3 @ 90 rpm/1 min. Z4 @ 100+ rpm/1 min. easy)	10 minutes Z1-Z2
55 TEMPO-A	15 minutes building Z1-Z2	12:30 Z3 @ 90+rpm/5 min. easy/12:30 Z3 @ 90+rpm	10 minutes Z1-Z2
55 TEMPO-B	15 minutes building Z1-Z2	6X(3 min. Z3 @ 90 rpm/1 min. Z4 @ 100+rpm/1 min. easy)	10 minutes Z1-Z2
60 TEMPO-A	15 minutes building Z1-Z2	15 min. Z3 @ 90 rpm/5 min. easy/15 min. Z3 @ 90 rpm.	10 minutes Z1-Z2
60 TEMPO-B	15 minutes building Z1-Z2	7X(3 min. Z3 @ 90 rpm./1 min. Z4 @ 100+rpm/1 min. easy)	10 minutes Z1-Z2
1:15 TEMPO	15 minutes building Z1-Z2	20 min. Z3 @ 90 rpm/10 min. easy/20 min. Z3 @ 90 rpm.	10 minutes Z1-Z2

## Run Workouts:

Workout Code	Warm-up	Main Set	Cool-down
30 ST-A	10 minutes building Z1-Z2	3X(30 sec. build/1:30 Z3/30 sec. fast/2:30 easy)	10 minutes Z1-Z2
40 ST-A	10 minutes building Z1-Z2	20 minutes Z2-Z3 on rolling course	10 minutes Z1-Z2
40 ST-B	10 minutes building Z1-Z2	5X(30 sec. build/2 min. Z3/30 sec. fast/2 min. easy)	10 minutes Z1-Z2
45 ST-A	15 minutes building Z1-Z2	10X(1 min. Z3 hill/1 min. recover down hill)	10 minutes Z1-Z2
45 ST-B	10 minutes building Z1-Z2	5X(30 sec. build/2:30 Z3/30 sec. fast/1:30 easy)	10 minutes Z1-Z2
50 ST-A	10 minutes building Z1-Z2	5X(5 min. @ IM pace/1 min. easier)	10 minutes Z1-Z2
50 ST-B	10 minutes building Z1-Z2	5X(4 min. @ IM pace/1 min. a little faster/1 min. easier)	10 minutes Z1-Z2
55 ST-A	10 minutes building Z1-Z2	5X(6 min. @ IM pace/1 min. easier)	10 minutes Z1-Z2
55 ST-B	10 minutes building Z1-Z2	2X(7:30 @ IM pace/1:30 a little faster/5 min. @ IM pace/3:30 easier)	10 minutes Z1-Z2
60 ST-A	15 minutes building Z1-Z2	2X(10 min. @ IM pace/5 min. easier)	15 minutes Z1-Z2
60 ST-B	10 minutes building Z1-Z2	4X(5 min. @ IM pace/2:30 a little faster/2:30 easier)	10 minutes Z1-Z2

**Who is this Ironman-distance training plan for?**

This plan is designed for first-time Ironman triathletes. A minimum level of fitness in each discipline is necessary to successfully begin this plan. Athletes should be currently exercising at least 4 hours per week regularly, capable of swimming 1500 yards/meters; cycling for 30 minutes continuously; and running 30 minutes in a session.

**What is the time commitment for this plan?**

This plan includes 9 workouts per week-3 swims, 3 bike workouts, 3 run workouts over six days. Mondays are Rest Days. During the Base Period (weeks 1-13), weekly volume ranges from 4 hours 20 minutes to 8 hours and 20 minutes. During the Build Period (weeks 14-24), weekly volume ranges from 10 to 14 hours. During the Peak Period (weeks 25-33), weekly volume ranges from 14 to just under 19 hours. The plan concludes with a 3-week taper (Weeks 34-36) with weekly volume between 9 and 13 hours going into Race Day.

**Intensity Guidelines:**

In relation to Rate of Perceived Exertion on a scale of 1-10, where 1 is laying on the couch and 10 is an all-out sprint, use the following guidelines to interpret the intensity recommendations in the training plan:

Z1 = Very easy, can speak in full sentences; RPE 6

Z2 = Moderate, can carry a conversation, but requires focus; RPE 7

Z3 = Up-Tempo, can only speak in short phrases; RPE 8

Z4/Best Effort = No talking; RPE 9-10

IM Pace/Effort = pace or effort intended for Race Day

Swim:

Easy = RPE 5-6

Moderate = RPE 7

Fast = RPE 8-10

**Race Simulations:**

Race Simulation workouts (denoted as RS in the training plan) are included at Week 13, Week 23 and Week 29. Week 13 is an Olympic-distance race simulation; Week 23 is a half Ironman-distance race simulation; and Week 29 is a final dress rehearsal including a 2.4 kilometer, (1.5 miles) swim, 112 kilometer bike, (70 miles), and 26.2 kilometer, (16.5 miles) run. Triathletes may participate in actual races for the Race Simulation workouts or do the Race Simulation on their own for Week 13 and Week 23. Race Simulation workouts should be approached as a dress rehearsal for race day. Athletes should keep transition times at a minimum going directly from swim to bike to run; use the gear they intend to race their Ironman with; and follow their Ironman nutrition and hydration plan. The purpose of these Race Simulation workouts is to work through any preventable issues prior to race day and practice in-race nutrition and hydration. The timing of the Race Simulation workouts in relation to the broader training plan is such that it allows the athlete to continue to tweak their nutrition, hydration and gear choices in additional long training sessions prior to race day.

**Swim Session Notes:**

You can use the workouts as written for yards or meters, depending on the size of your pool.

Swims are divided into 4 Types: Technique (TECH); Strength (ST); Endurance (E); and OWS (Open Water Swim).

Use the following rest times for swim workouts:

- Between 25's: 10 seconds
- Between 50's: 15 seconds
- Between 75's: 15-20 seconds
- Between 100's: 20 seconds
- Between 150-250's: 30-45 seconds
- Between 300+: 45-60 seconds

**Cycling Session Notes:**

Rides are divided into 3 Types: Tempo (TEMPO); Recovery (Z1 only); and Endurance/Long (Z1/Z2).

Long rides should be done outside as much as is practical and on terrain that closely resembles the race course. Think of long rides and bricks as race simulations. Practice nutrition and hydration, as well as gear choices.

After the Base Period, Bricks (denoted as BR) are added to some of the Tempo and Endurance/Long rides. In each brick session, quickly transition from bike to run (ideally 3 minutes or less between completing the bike portion and starting the run portion)

**Run Session Notes:**

The focus of Ironman training is on building the aerobic engine and endurance, therefore the majority of workouts, especially run sessions for beginners, are primarily in Z1/Z2. Runs are divided into 4 Types: Easy (Z1/Z2); Strength (ST); Brick (BR); and Endurance/Long (Z1/Z2). Strength sessions are introduced during the build and include intervals in Z3/Z4 and at IM race pace. Brick runs should be done in Z2 or at IM race pace.