

MON

TUE

WED

THU

FRI

SAT

SUN

WEEK

**BIKE**

**Build 2 of 6 IRONMAN Specifics**  
 Bike - Trainer (Progressive TT, 90)  
 Duration: 90 | 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**

Bike 2000  
 Duration: 90 | 1:00:00  
 Distance: 90 | 2000m  
**Workout Description**  
 600 swim (200 x 30)  
 600 swim (200 x 30) swimming with the  
 clock  
 200 swim (200 x 30) float  
 for 1:30 and 20 min (200 x 30)  
 200 swim  
 with pull-up (10 min) set timing  
 200 swim (200 x 30) perfect  
 technique  
 200 float and swim

**RUN**

Run - Track/Interval  
 Duration: 90 | 0:45:00  
**Workout Description**  
 75 min easy warmup  
 11 min Repeats (2 x 200 m @  
 2:00 min @ 2.15) short 10 s  
 Rest recover on the 2.15

**SWIM**

Sw - Water Jet  
**Workout Description**  
 1000 swim w/  
 7 rounds of 1 x 200 m (40)  
 200 pull-up  
 200 pull-up swim  
 400 pull  
 200 kick

**STRENGTH**

Strength - Total Body  
 Duration: 90 | 0:30:00  
**Workout Description**  
 70 push-ups (50 sec plank)  
 20 sec x 2 side planks  
 10 push-ups 100 mt  
 10 push-ups (50 sec plank)  
 20 sec x 2 side planks  
 10 push-ups  
 Monster Walks, 3 x 10 sec in  
 each direction  
 Squats w/ 10 lbs, 3 x 10 sec  
 and slow

**BRICK**

Bike 2000  
 Duration: 90 | 0:50:00  
**Workout Description** Mostly  
 steady riding with 10-15 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 ride

**RUN**

Run - Steady  
 Duration: 1:00:00  
**Post Run Recovery Swims**  
 600FT with 50 swim up  
 600FT Pull swim up  
 600W with 50 swim up  
 6 x 200' w/ 4 x ("Fast"/"Easy")  
 20' @ 2'  
 6 x 100FT (swim) 1 x 200FT TT  
 600, 900 x 20'  
 6 x 200FT "Moderate" ... focus on  
 technique + 10'

10

**REST**

**Build & Begin Team**  
**Workout Description**  
 Start putting 4 back 600 at once  
 four of every week for  
**Key Off - Rest**

**SWIM**

Run 100 x 2000  
 900  
 900 easy swim  
 60'  
 1:000 steady Easy and build to steady  
 effort swim (200)  
 600 easy and interval  
 1:000 steady faster than the first and  
 some change in effort required to  
 swim faster  
 12' 1000 swim 2000W  
 Pre activity comments  
 To add make your swimmer to faster  
 than the first

**RUN**

Run - Track/Interval  
 Duration: 90 | 0:45:00  
**Workout Description**  
 75 min easy warmup  
 11 min Repeats (2 x 200 m @  
 2:00 min @ 2.15) short 10 s  
 Rest recover on the 2.15

**SWIM**

Swim - Race Prep 2000  
 Duration: 90 | 0:45:00  
 Distance: 90 | 2000m  
**Workout Description**  
 600  
 600 Free (200 x 30) pull  
 600  
 6000 on gear race pace  
 12'  
 6X100 w/ 15 gear race pace/ 75  
 easy

**STRENGTH**

Strength - Total Body  
 Duration: 90 | 0:30:00  
**Workout Description**  
 70 push-ups (50 sec plank)  
 20 sec x 2 side planks  
 10 push-ups 100 mt  
 10 push-ups (50 sec plank)  
 20 sec x 2 side planks  
 10 push-ups  
 Monster Walks, 3 x 10 sec in  
 each direction  
 Squats w/ 10 lbs, 3 x 10 sec  
 and slow

**BRICK**

Bike 2000 Duration: 90 | 0:50:00  
**Workout Description** Mostly  
 steady riding with 3 x 10-15 min  
 intervals of strong effort as you  
 need. Variation over day  
**T Run**  
 20' of aerobic running within 10'  
 of completing ride

**RUN**

Run - Easy  
 Duration: 1:00:00  
**Post Run Recovery Swims**  
 600FT with 50 swim up  
 600FT Pull swim up  
 600W with 50 swim up  
 6 x 200' w/ 4 x ("Fast"/"Easy")  
 20' @ 2'  
 6 x 100FT (swim) 1 x 200FT TT  
 600, 900 x 20'  
 6 x 200FT "Moderate" ... focus on  
 technique + 10'

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**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 (200) but 1 hour @ 2  
 1 min @ race effort on regular road.

**SWIM**

Run 1000  
 1000 easy full gear (2000) and  
 long, then 1000 x 100 @ 20' 20%  
 of time or 75 sec rest. 20 min of 1 x  
 through  
 1000 swim with an easy 200

**RUN**

600 recovery for 10'

**SWIM**

Prep 2000  
 Duration: 90 | 0:45:00  
 Distance: 90 | 2000m  
**Workout Description**  
 600  
 600 Free (200 x 30) pull  
 600  
 6000 on gear race pace  
 12'  
 6X100 w/ 15 gear race pace/ 75  
 easy

**PREP**

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

**PREP**

Custom - Pre - Race Tune Up  
 Duration: 90 | 0:45:00  
**Workout Description**  
 Get out and into the bike, checking  
 the gears and all maintenance for  
 before the 300 minutes then get off  
 for an easy 20 minutes on with  
 300 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 Plan

**Yan Bai**



## **Ironman Training Plan:**

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web to kill a mockingbird is harper lee s 1961 pulitzer prize winning novel about a child s view of race and justice in the depression era south the book sells one million copies per year and scout remains one of the most beloved characters in american fiction

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web to kill a mockingbird is a novel by harper lee although it was written in 1960 it is set in the mid 1930s in the small town of maycomb alabama it is narrated by scout finch a six year old

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