

MON	TUE	WED	THU	FRI	SAT	SUN	WEEK
<b>BIKE</b> <b>Build 1 of 3 Endurance Specificity</b> Bio: Trainer Progressive 175, 300 Duration (H): 1:00:00 <b>Workout Description</b> 20 min easy spin, 10 min TT (20W) 20 min easy 5 min TT (20W) 5 min easy 5 min easy 4 min interval (100W) easy spin 5 min interval Rest 1 min	<b>SWIM</b> Swim: 2000 (200) Duration (H): 1:00:00 Distance (M): 2000 m <b>Workout Description</b> 400 warm-up by 100 400 rest 20' breathing pattern by 100 1000 1000 w/ or 1000 w/ 1000 rest w/ 125 w/ 20 rest 20' sprint 100 smooth w/ 75 pull w/ 75 rest 10' interval 100 w/ rest free, smooth perfect technique 200 three rest time	<b>RUN</b> Run: Treadmill Duration (H): 0:45:00 <b>Workout Description</b> 15 min easy warm-up 10 min intervals 15, 100 rest @ 1000 rest @ 2.50 above the 10, then decrease on the 2.5.	<b>SWIM</b> no Monitor Set <b>Workout Description</b> 1000 warm up 2 rounds of 3 x 200 rest 100 200 rest 100 200 pull 200 swim 200 pull 200 hole rest 20' sprint 100 smooth w/ 75 pull w/ 75 rest 10' interval 100 w/ rest free, smooth perfect technique	<b>STRENGTH</b> Strength: Total Body Duration (H): 0:20:00 <b>Workout Description</b> 10 push-ups, 10 sit-ups 10 sit-ups, 10 pull-ups 10 push-ups, 100 rest 10 push-ups, 10 sit-ups 10 sit-ups, 10 pull-ups 10 push-ups Monitor: 10 x 10 power each direction Squats w/ 10 lbs, 10 x 10 rest and one	<b>BIKE</b> Bio: 40 min steady w/ fast finish Duration (H): 0:40:00 <b>Workout Description</b> Steady riding with your feet 30 @ rest after	<b>RUN</b> Run: Steady Duration: 1:00:00 <b>Post Run Recovery Soak</b> 4000' with five warm-up 4000' rest warm-up 4000' with five warm-up 5 x 200' w/ 4 x ("fast" / "easy") w/ 30 5 x 1000' interval 1 x 200', 75, 100, 100 x 20 5 x 100' "intervals" ... focus on technique x 10	7
<b>BIKE</b> Bio: Steady Duration: 1:00:00 Distance: 2000 m <b>Workout Description</b> 20 min easy spin, 10 min TT (20W) 20 min easy 5 min TT (20W) 5 min easy 5 min easy 4 min interval (100W) easy spin 5 min interval Rest 1 min	<b>SWIM</b> Swim: 2000 (200) Duration: 1:00:00 Distance: 2000 m <b>Workout Description</b> 400 400 rest 20' easy 400 w/ 1000 w/ 1000 rest w/ 125 w/ 20 rest 20' sprint 100 smooth w/ 75 pull w/ 75 rest 10' interval 100 w/ rest free, smooth perfect technique 200 three rest time	<b>RUN</b> Run: Steady Duration (H): 1:00:00	<b>SWIM</b> Swim: Easy/Interval pool Duration (H): 1:00:00 Distance (M): 2000 m <b>Workout Description</b> 20 2000 warm-up 20 rest 200 rest with free Easy or Interval breathing smooth strokes, structure of the rest - 100' Sprint	<b>STRENGTH</b> Strength: Total Body Duration (H): 0:20:00 <b>Workout Description</b> 10 push-ups, 10 sit-ups 10 sit-ups, 10 pull-ups 10 push-ups, 100 rest 10 push-ups, 10 sit-ups 10 sit-ups, 10 pull-ups 10 push-ups Monitor: 10 x 10 power each direction Squats w/ 10 lbs, 10 x 10 rest and one	<b>BIKE</b> Bio: Easy Duration: 1:00:00 <b>T-Run</b> 20' of steady running within 10' of competing one	<b>RUN</b> Run: Easy Duration: 1:00:00 <b>Post Run Recovery Soak</b> 4000' with five warm-up 4000' rest warm-up 4000' with five warm-up 5 x 200' w/ 4 x ("fast" / "easy") w/ 30 5 x 1000' interval 1 x 200', 75, 100, 100 x 20 5 x 100' "intervals" ... focus on technique x 10	8
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# 36 Week Ironman Training Plan

**Zhe Xu**



### **36 Week Ironman Training Plan:**

Triathlete Magazine's Complete Triathlon Book Matt Fitzgerald,2003-03-01 A veritable triathlon bible this book covers everything that anyone from beginner to expert would want to know about competing in the phenomenally popular swimming bicycling and running races In one handy easily referenced guide Triathlete Magazine s Complete Triathlon Book offers the best advice stories and tips from the top coaches and athletes who have contributed to the magazine over the years Appealing to both novices and the most seasoned athlete the book strikes a balance between technical depth and beginner friendliness by getting right down to the guidelines that all triathletes can use In addition the book offers advice for the various categories of triathletes beginners veterans short course specialists Ironman specialists and others Bearing the name of the most popular source for information on the sport this book is sure to become a classic among triathlon enthusiasts

**Goodlife Fitness** Maureen Hagan,2008-12-23 This dynamic fitness program developed by international award winning fitness instructor Maureen Hagan will help you get in shape and change your lifestyle so that you ll stay in shape for the rest of your life GoodLife Fitness 6 Weeks to a New Body is an easy to follow exercise and nutritional program designed to deliver safe effective results that will lead to improved health and fitness All it takes is 30 minutes a day 6 times a week and Maureen will be with you every step of the way She ll help you eat right and feel great as you build a new body over the next 6 weeks and beyond This indispensable book features illustrated exercises with clear step by step instructions a 42 day program guide and tracking tools that will motivate you to achieve and maintain your goals an Eat Smart plan to help you make good food choices without relying on a diet strategies to help you stay on track with your new body and lifestyle after you ve successfully completed the 6 week program Maureen Hagan s book is like having a personal trainer a nutritionist and a support system at your side for six weeks Gilda Swartz Senior Editor Health Canadian Living 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 **The Woman**

**Triathlete** Christina Gandolfo,2005 An Australian training manual for triathletes Biomechanics of swimming cycling and running Fuelling your body Physiological considerations in training **The World Of Cross Stitching September 2018**

Magazines Global, **The World Of Cross Stitching September 2018** **Le Loop** Ceri Stone,2022-06-06 Le Loop is a guidebook for success and exhilarating adventure as one ordinary man tackles the world s toughest bike race Ceri Stone is an ordinary guy He wanted to do something extraordinary just once in his life This book is the exhilarating story of that adventure He lays out a template for personal success garnered from some rich life experience and he puts his theories to the test by cycling Le Loop Le Loop is an annual charitable event where riders cycle the route of the Tour de France one week before the pros This is an inspiring adventure for athletes of all levels that proves we can achieve our wildest dreams and laugh

along the way Much like the tour itself there are extreme highs and lows and Ceri faces them with a searingly honest sense of reflection and a trivial sense of humor This story is warm empowering and leaves you itching to get off your sofa but with a template to succeed at the same time Join Ceri in his quest to live a life less ordinary **No Meat Athlete** Matt Frazier, Matthew Ruscigno, 2018-09-18 A vegan ultramarathoner provides the roadmap to wellness and performance no matter where the journey takes you Scott Jurek world renowned Ultramarathon champion and New York Times bestselling author Veganism is taking off in the sports world The lifestyle has been adopted by Olympians body builders and boxers as well as top athletes in the NBA and NFL Hollywood is on board too James Cameron director of Avatar and Titanic has produced a film on the topic called The Gamechangers which follows vegan athletes including Arnold Schwarzenegger US Olympian Kendrick James Farris and surfer Tia Blanco In No Meat Athlete author blogger and hundred mile ultramarathoner Matt Frazier will show you the many benefits to embracing a plant based athletic lifestyle including Weight loss which often leads to increased speed Easier digestion and faster recovery after workouts Improved energy levels to help not only athletic performance but your daily life Reduced impact on the planet In this revised and updated edition you ll also find new recipes advice and an all new twelve week strength training plan designed to improve your overall fitness Section I of the book provides practical advice for transitioning to a plant based lifestyle while ensuring you are getting all the nutrition you need In Section II Matt delivers training manuals of his own design for runners of all ability levels and ambitions including tips for creating healthy habits improving performance and avoiding injuries No Meat Athlete is your road map to top notch performance the plant based way Matt Frazier presents the tools and information in a way that is downright approachable leaving his readers energized with a sense of possibility Brendan Brazier Ultramarathon champion professional Ironman triathlete and author of Thrive **American Book Publishing Record** ,2004 **Cycling Science** ,1989 *Inside Triathlon* ,2007 *The Triathlete's Training Bible* Joe Friel,2004 Coach Joe Friel touts the benefits of creating a scientific self coached training plan to refine your skills and improve your triathlon performance You will learn how to train smarter not harder and apply proven techniques for increasing endurance without overtraining Friel equips you with the know how to build a personal training plan based on your individual needs and goals for the next racing season In addition to the physical aspect of training Friel addresses the importance of mental preparation and training from attitude to zealotry Whether you are an amateur professional or training for your first triathlon event you will find comprehensive information to help you achieve your goals and reach your maximum potential Page 4 cover **Runner's World** ,2007 The Times Index ,1987 Indexes the Times Sunday times and magazine Times literary supplement Times educational supplement Times educational supplement Scotland and the Times higher education supplement **Bicycle USA.** ,1987 **SRDS Consumer Magazine Advertising Source** ,2004-12 **Business Periodicals Index** ,2000 Index de Périodiques Canadiens ,1999 **The Alaska Sportsman** ,1957 **Utility Information Index** ,1982 18-Week Half IronMan Triathlon Training Plan Team

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