

MON	TUE	WED	THU	FRI	SAT	SUN	WEEK
BIKE Build 1 of 3 Endurance Specificity Bio: Trainer Progressive 175, 300 Duration (H): 1:00:00 Workout Description 20 min easy spin, 10 min TT (20W) 20 min easy Bio: TT (20W) 5 min easy Bio: TT (20W) 5 min easy 4 min interval (100W) easy spin 5 min interval Rest 1 min	SWIM Swim: 2000 (200) Duration (H): 1:00:00 Distance (M): 2000 m Workout Description 400 warm-up by 100 400 rest 20' breathing pattern by 100 1000 m or 1000' (1000) rest or 125 or 100 rest 20' sprint 100 smoothly 400' pull or 10' rest 10' interval strong 400 swim free, smooth perfect technique 200' easy cool-down	RUN Run: Treadmill/Track Duration (H): 0:45:00 Workout Description 15 min easy warm-up 10 min intervals 15, 1:00 rest @ 10% pace @ 2.5% above the 10, then decrease on the 2.5%	SWIM Sw: Monitor Set Workout Description 1000 warm-up 2 rounds of 3 x 200 rest 100 200 fast pace 200 pull 400 swim 400 pull 200 hole rest 20' sprint 100 smoothly 400' pull or 10' rest 10' interval strong 400 swim free, smooth perfect technique	STRENGTH Strength: Total Body Duration (H): 0:30:00 Workout Description 10 push-ups, 10 min plank 10 min + 2 push-planks 10 push-ups, 1:00 rest 10 push-ups, 10 min plank 10 min + 2 side planks 10 push-ups Monitor: Backs, 3 x 15 pieces in each direction Squats: calf raises, 3 x 15 min and slow	BIKE Bio: 40 min steady or fast track Duration (H): 0:30:00 Workout Description Steady riding with your feet 30 @ rest effort	RUN Run: Steady Duration: 1:00:00 Post Run Recovery Soak 4000' with five warm-up 4000' rest warm-up 4000' with five warm-up Bio: 20W or 4 x (100' / 1 min) @ 20 Bio: 100PC Interval 1 x 400's, 75's, 90's, 100's x 20 Bio: 50PC "Endurance" - focus on technique x 10	7
BIKE Bio: Steady Duration: 1:00:00 40 min 10 min warm-up by 100 10 min interval by 100 (1000) rest 20' by 100 1000 m or 1000' (1000) rest or 125 or 100 rest 20' sprint 100 smoothly 400' pull or 10' rest 10' interval strong 400 swim free, smooth perfect technique 200' easy cool-down	SWIM Swim: 2000 (200) Duration: 1:00:00 Distance: 2000 m Workout Description 400 400 rest 20' breathing 1000 m or 1000' (1000) rest or 125 or 100 rest 20' sprint 100 smoothly 400' pull or 10' rest 10' interval strong 400 swim free, smooth perfect technique 200' easy cool-down	RUN Run: Steady Duration (H): 1:00:00	SWIM Swim: Easy/Interval pool Duration (H): 1:00:00 Distance (M): 2000 m Workout Description 400 400 rest 20' breathing 1000 m or 1000' (1000) rest or 125 or 100 rest 20' sprint 100 smoothly 400' pull or 10' rest 10' interval strong 400 swim free, smooth perfect technique 200' easy cool-down	STRENGTH Strength: Total Body Duration (H): 0:30:00 Workout Description 10 push-ups, 10 min plank 10 min + 2 push-planks 10 push-ups, 1:00 rest 10 push-ups, 10 min plank 10 min + 2 side planks 10 push-ups Monitor: Backs, 3 x 15 pieces in each direction Squats: calf raises, 3 x 15 min and slow	BIKE Bio: Steady Duration: 1:00:00 T-Box 30' of steady running within 10' of competing one	RUN Run: Steady Duration: 1:00:00 Post Run Recovery Soak 4000' with five warm-up 4000' rest warm-up 4000' with five warm-up Bio: 20W or 4 x (100' / 1 min) @ 20 Bio: 100PC Interval 1 x 400's, 75's, 90's, 100's x 20 Bio: 50PC "Endurance" - focus on technique x 10	8
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Table of Contents 36 Week Ironman Training Plan

1. Understanding the eBook 36 Week Ironman Training Plan
 - The Rise of Digital Reading 36 Week Ironman Training Plan
 - Advantages of eBooks Over Traditional Books
2. Identifying 36 Week Ironman Training Plan
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an 36 Week Ironman Training Plan
 - User-Friendly Interface
4. Exploring eBook Recommendations from 36 Week Ironman Training Plan
 - Personalized Recommendations

- 36 Week Ironman Training Plan User Reviews and Ratings
- 36 Week Ironman Training Plan and Bestseller Lists
- 5. Accessing 36 Week Ironman Training Plan Free and Paid eBooks
 - 36 Week Ironman Training Plan Public Domain eBooks
 - 36 Week Ironman Training Plan eBook Subscription Services
 - 36 Week Ironman Training Plan Budget-Friendly Options
- 6. Navigating 36 Week Ironman Training Plan eBook Formats
 - ePub, PDF, MOBI, and More
 - 36 Week Ironman Training Plan Compatibility with Devices
 - 36 Week Ironman Training Plan Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of 36 Week Ironman Training Plan
 - Highlighting and Note-Taking 36 Week Ironman Training Plan
 - Interactive Elements 36 Week Ironman Training Plan
- 8. Staying Engaged with 36 Week Ironman Training Plan
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers 36 Week Ironman Training Plan
- 9. Balancing eBooks and Physical Books 36 Week Ironman Training Plan
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection 36 Week Ironman Training Plan
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine 36 Week Ironman Training Plan
 - Setting Reading Goals 36 Week Ironman Training Plan
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of 36 Week Ironman Training Plan
 - Fact-Checking eBook Content of 36 Week Ironman Training Plan

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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