

18 WEEK IRONMAN TRAINING BLUEPRINT

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*Daily workouts
designed to
prepare your
body for the
rigors of long
course racing!*

The 18 Week Ironman (IM) Training Blueprint is intended to serve as a basis for you to develop your IM or 70.3 (Half IM) race specific plan.

Every race course is different just like each of us has different strengths and weaknesses and unique demands on our time. Fine tune the plan for your specific requirements. If your race has a hilly bike course like IM Wisconsin or the California 70.3 then you'll need to either incorporate hill riding or simulate hill riding to properly train your body. If your race has a flat course like IM Arizona then you'll need to get plenty of focused time in the aero bars and spend some time at the running track.

A word of caution: The Blueprint is not the starting point to your IM training.

Prior to jumping into this program you need to build a solid aerobic base that will support your IM specific training and minimize the risk of injury. Spend at least 6 and preferably closer to 12 weeks in the aerobic base building phase before starting this program.

If you're getting a late start to your IM training then reduce your exercise intensity in the first 3 – 6 weeks of the Blueprint and focus on building your aerobic base. Make sure you are building toward comfortably covering the race distance first. If you have questions about how to adjust the intensity, shoot me an email at Jay@Triathlonexperts.com and we'll get you moving in the right direction.

As a general rule of thumb, you need to be able to comfortably swim for an hour, bike for 3-4 hours, and run 60 -90 minutes before jumping into this program (not necessarily one after the other to start) . It's also a good idea to be in the habit of training twice a day before starting this program.

Otherwise it will be challenging to follow this plan over the course of 18 weeks.

If you're able to substitute a race in place of a simulated race then eliminate the intensity in the week before and the week after the race.

Race Tapering:

- 1. A Race (Highest Priority): Full taper of 2-3 weeks,**
- 2. B Race (Important Training Race): 4-7 Days**
- 3. C Race (Training Day): 2-3 Days**

If your goal race is a 70.3 instead of an IM then reduce the long training sessions by 20-30%. Keep the other training sessions consistent.

Note that my plan starts with Week 18 and then counts down to race week, which is Week 1.

Disclaimer: Information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure or prevent any injury or disease. This information is not intended as a substitute for the advice or medical care of a qualified health care professional and you should seek the advice of your health care professional before undertaking any training, dietary or lifestyle changes. The material provided in this plan is for educational purposes only.

Definitions and Explanations

For each workout the overall duration and key focus or main set (MS) is provided. For an example of what I mean, look at Week 18 below: Tuesday swim session is 3000 yards (meters) and the main set is 2 x (10 x 50 fast plus 100 kick)...20" (second) rest interval (RI) between each 50. The total main set is 1200 yards (meters). The remaining 1800 yards (meters) consists of warm up, your choice of other strokes, and cool down.

Warmup. Always warm up prior to any hard training set. A sample swim warm up would be: : 200 freestyle, 100 breast stroke, 200 with pull buoys, 100 back stroke, 4 x 50 kick, and 4 x 50 drill sets = 1000 yards (meters).

Cool down. Always spend 5-10 minutes easy aerobic post intense workouts. A sample swim cool down would be: 2 x 100 back stroke, 4 x 50 drill sets, 4 x 50 kick, and 200 easy freestyle = 800 yards (meters).

Specific Terms:

- **10", 20" 30"**: 10 seconds, 20 seconds, 30 seconds
- **30', 60', 90'**: 30 minutes, 60 minutes, 90 minutes
- **RI:** Rest Interval
- **LT:** Lactate Threshold
- **Fast:** Slightly above race pace
- **MS:** Main Set
- **Hard:** Pushing above LT

- **T-Run:** Transition run: A run immediately or very shortly after cycling.
- **Drills or Drill sets:** Technique drills to improve efficiency (free speed). If you need some ideas, email me at Jay@Triathlonexperts.com and I'll send you some.
- **Strides:** Short fast runs lasting 5 – 30 seconds
- **Short Warm Up (Swim):** Swim 200-300 yards before starting the main set...prepares your body for the swim start by simulating race day.
- **Progressive:** Build speed through each repetition: Ex: Swim: 10 x 75
Progressive: in each 75 the second 25 is faster than the first and the third 25 is faster than the second.
- **Split Ride:** As the name implies the ride is split into two sessions. The second session is usually a 60' trainer ride. By splitting the ride you will gain more cycling fitness and, perhaps more importantly, you'll become mentally stronger. Getting on your trainer later in the day after a 4 – 5 hour ride isn't easy...but it will pay off in a big way on race day.

18 Week Ironman Training Plan

Week 18: Run Focus Week

Monday:

Swim: Off
Bike: Off
Run: Off
Weights: Off

Tuesday:

Swim: 3000yds: MS: 2x(10x50 Fast plus 100 Kick)...20" RI between each 50
Bike: Off
Run: 60' Run w/5x5' LT Sets/2' RI
Weights: Stretch & Abs

Wednesday:

Swim: 3000yds: MS: 4x(100Back/100Breast/100Free/100Kick)...20" RI between each 100
Bike: Off
Run: 60' Aerobic Run w/4-6 x Drills
Weights: Stretch & Abs

Thursday:

Swim: Off
Bike: 60' Trainer Ride w/10x2' Hard/3' Easy
Run: 30' T-Run
Weights: Stretch & Lower Body

Friday:

Swim: 3500yds (Short Warm Up): MS: 4x500 w/Every 5th Lap Fast/ 20"-30" RI
Bike: Off
Run: Off
Weights: Stretch & Upper Body

Saturday:

Swim: Off
Bike: 2Hr Ride or 60' Trainer ride after run
Run: 90' Run w/4x(5x20" Strides/40" easy)
Weights: Stretch & Abs

Sunday:

Swim: Off
Bike: 2Hr ride or 60" Trainer ride after run
Run: 60' Run
Weights: Stretch & Abs

Week 17: Bike Focus Week

Monday:

Swim: Off
Bike: Off
Run: Off
Weights: Off

Tuesday:

Swim: 3000yds: MS: 2x(10x50 Fast/20" RI plus 100 Kick) ...20" RI between each 50
Bike: Off
Run: 60' Run w/5x5' LT Sets/2' RI
Weights: Stretch & Abs

Wednesday:

Swim: 3000yds: MS: 4x(100Back/100Breast/100Free/100Kick)...20" RI between each 100
Bike: 60'-90' Easy Ride
Run: Off
Weights: Stretch & Abs

Thursday:

Swim: Off
Bike: 60' Trainer Ride w/10x2' Hard/3' Easy
Run: 30' T-Run w/6x10" Strides
Weights: Stretch & Lower Body

Friday:

Swim: 3500yds (Short Warm Up): MS: 5x400 w/Every 4th Lap Fast/ 20"-30" RI
Bike: Off
Run: Off
Weights: Stretch & Upper Body

Saturday:

Swim: Off
Bike: 2Hr Ride after run
Run: 60' Run w/4x(5x20" Fast/40" Easy)
Weights: Stretch & Abs

Sunday:

Swim: Off
Bike: 4Hr Ride
Run: 30' T-Run
Weights: Stretch & Abs

Week 16: Recovery Week

Monday:

Swim: Off

Bike: Off

Run: Off

Weights: Off

Tuesday:

Swim: 3000yds: MS: 2x(10x50 Fast/20" RI & 100 Kick)...w/20" RI between each 50

Bike: Off

Run: 60' Run w/6x5' LT Sets/2' RI

Weights: Stretch & Abs

Wednesday:

Swim: 3000yds: MS: 4x(100Back/100Breast/100Free/100Kick)...20" RI between each 100

Bike: 40' Trainer Ride

Run: 20' T-Run

Weights: Stretch & Abs

Thursday:

Swim: Off

Bike: 60' Trainer Ride w/10x2' Hard/3' Easy

Run: 30' T-Run w/6x10" Strides

Weights: Stretch & Lower body

Friday:

Swim: 3500yds: (Short Warm Up): 3 x 600 Timed w/30" RI between each 600

Bike: Off

Run: Off

Weights: Stretch & Upper Body

Saturday:

Swim: Off

Bike: 60' - 90' Aerobic Ride

Run: 30' T-Run: Keep it Aerobic

Weights: Stretch & Abs

Sunday: Recovery Day

Swim: Off

Bike: Off

Run: Off

Weights: Off

Week 15: Run Focus Week

Monday:

Swim: Off

Bike: Off

Run: Off

Weights: Off

Tuesday:

Swim: 3000yds: MS: 10x75 Progressive, 10x25 Fast, 10x50 Kick...all w/20" RI

Bike: Off

Run: 60' Run w/6x5' LT Sets/2' RI

Weights: Stretch & Abs

Wednesday:

Swim: 3000yds: MS: 4x(100Back/100Breast/100Free/100Kick)...20" RI between each 100

Bike: Off

Run: 60' Aerobic Run w/4-6 x Drills

Weights: Stretch & Abs

Thursday:

Swim: Off

Bike: 60' Trainer Ride w/10x3' Hard/2' Easy

Run: 30' T-Run w/6x10" Strides

Weights: Stretch & Lower Body

Friday:

Swim: 3500yds (Short Warm Up): MS: 4x500 w/Every 4th Lap Fast/ 20"-30" RI

Bike: Off

Run: Off

Weights: Stretch & Upper Body

Saturday:

Swim: Off

Bike: 2Hr ride or 60' Trainer ride after run

Run: 2Hr Run w/4x(5x30" Strides/30" easy)

Weights: Stretch & Abs

Sunday:

Swim: Off

Bike: 2Hr ride or 60' Trainer ride after run

Run: 60' Run

Weights: Stretch & Abs

Week 14: Bike Focus Week

Monday:

Swim: Off

Bike: Off

Run: Off

Weights: Off

Tuesday:

Swim: 3000yds: MS: 10x75 Progressive, 10x25 Fast, 10x50 Kick...all w/20" RI

Bike: Off

Run: 60' Run w/4x8' LT Sets/2' RI

Weights: Stretch & Abs

Wednesday:

Swim: 3000yds: MS: 4x(100Back/100Breast/100Free/100Kick)...all w/20" RI

Bike: 60'-90' Easy Ride

Run: Off

Weights: Stretch & Abs

Thursday:

Swim: Off

Bike: 60' Trainer Ride w/10x3' Hard/2' Easy

Run: 30' T-Run w/6x10" Strides

Weights: Stretch & Lower Body

Friday:

Swim: 3500yds (Short Warm Up): MS: 500/5x100/500/10x50/500...20"-30" RI between each

Bike: Off

Run: Off

Weights: Stretch & Upper Body

Saturday:

Swim: Off

Bike: 2Hr Ride or 60' Trainer ride after run

Run: 90' Run w/4x(5x30" Strides/30" Easy)

Weights: Stretch & Abs

Sunday:

Swim: Off

Bike: 4Hr Ride

Run: 30' T-Run

Weights: Stretch & Abs

Week 13: Recovery & Practice Race Week

Monday:

Swim: Off
Bike: Off
Run: Off
Weights: Off

Tuesday:

Swim: 3000yds: MS: 10x75 Progressive, 10x25 Fast, 10x50 Kick...All w/20" RI
Bike: 40' Trainer Ride
Run: 20' T-Run
Weights: Stretch

Wednesday:

Swim: 3000yds: MS: 4x(100Back/100Breast/100Free/100Kick)...All w/20" RI
Bike: 40' Trainer Ride
Run: 20' T-Run
Weights: Stretch

Thursday:

Swim: Off
Bike: Off
Run: Off
Weights: Off

Friday: Practice Pre-Race Day Nutrition Plan

Swim: 1000yds: MS: 10x50 Drill
Bike: 30' Trainer Ride w/6x30" Surges
Run: 20' Run w/6x20" Strides
Weights: Stretch

Saturday: Practice Race Day (Practice Race Nutrition)

Swim: 3000yds (Short Warm Up): MS: 2000yds Continuous w/Every 5th Lap Fast (Do this swim on Friday if Saturday morning is not an option)... No need to ride immediately after swim.
Bike: 3Hr: Keep it Aerobic...not a race paced effort... No need to run immediately after ride.
Run: 90' T-Run: Keep it Aerobic...Focus on Good Form. Practice Race Nutrition.
Weights: Stretch

Sunday: Recovery Day

Swim: Off
Bike: Off
Run: Off
Weights: Off

Week 12: Run Focus Week

Monday:

Swim:

Bike: Off

Run: Off

Weights: Off

Tuesday:

Swim: 3500yds: MS: 3x(10x50 Fast/20" RI & 100 Kick)

Bike: Off

Run: 60'-75' Run w/8x2' Hard Sets w/4' RI

Weights: Stretch & Abs

Wednesday:

Swim: 3500yds: MS: 400/4x100/400/8x50/400 All on 20" RI

Bike: Off

Run: 60' Aerobic Run w/4-6 x Drills

Weights: Stretch & Abs

Thursday:

Swim: Off

Bike: 60'-75' Trainer Ride w/5x6' LT Sets/ 2' RI

Run: 30' T-Run

Weights: Stretch & Lower Body

Friday:

Swim: 4000yds (Short Warm Up): MS: 6x400 w/Every 4th Lap Fast/30" RI

Bike: Off

Run: Off

Weights: Stretch & Upper Body

Saturday:

Swim: Off

Bike: 2Hr Ride or 60' Trainer ride after run

Run: 2.25Hr Run w/4x(5x30" Strides/30" easy)

Weights: Stretch & Abs

Sunday:

Swim: Off

Bike: 2Hr ride or 60' Trainer ride after run

Run: 75' Run w/4-6 x Drills

Weights: Stretch

Week 11: Bike Focus Week

Monday:

Swim: Off

Bike: Off

Run: Off

Weights: Off

Tuesday:

Swim: 3500yds: MS: 3x(10x50 Fast/20" RI & 100 Kick)

Bike: Off

Run: 60'-75' Run w/4x8' LT Sets/2' RI

Weights: Stretch & Abs

Wednesday:

Swim: 3500yds: MS: 2x(300/2x150/4x75) All on 20" RI

Bike: 60'-90' Easy Ride

Run: Off

Weights: Stretch & Abs

Thursday:

Swim: Off

Bike: 60'-75' Trainer Ride w/4x8' LT Sets/2' RI

Run: 30' T-Run

Weights: Stretch & Lower Body

Friday:

Swim: 4000yds (Short Warm Up): MS: 3x800 w/every 4th lap Fast All on 20"-30" RI

Bike: Off

Run: Off

Weights: Stretch & Upper Body

Saturday:

Swim: Off

Bike: 2-3Hrs Ride or 90' Trainer ride after run

Run: 90' Run w/4x(5x30" Fast/30" Easy)

Weights: Stretch & Abs

Sunday:

Swim: Off

Bike: 5Hr Split Ride...4Hr Ride in morning & 60' Trainer Ride in afternoon

Run: 30' T-Run after trainer ride in afternoon

Weights: Stretch & Abs

Week 10: Recovery Week

Monday:

Swim: Off
Bike: Off
Run: Off
Weights: Off

Tuesday:

Swim: 3500yds: MS: 3x(10x50 Fast/20" RI & 100 Kick)
Bike: Off
Run: 60'-75' Run w/4x8' LT Sets/2' RI
Weights: Stretch & Abs

Wednesday:

Swim: 3500yds: MS: 2x(400/2x200/4x100)...All on 20" RI
Bike: 40' Trainer Ride
Run: 20' T-Run
Weights: Stretch & Abs

Thursday:

Swim: Off
Bike: 60'-75' Trainer Ride w/4x10 LT Sets/2' RI
Run: 30' T-Run
Weights: Stretch & Lower Body

Friday:

Swim: 4000yds: (Short Warm Up): MS: 4x600 w/Every 4th Lap Fast/20"-30" RI
Bike: Off
Run: Off
Weights: Stretch & Upper Body

Saturday:

Swim: Off
Bike: 60' – 90' Ride
Run: 30' T-Run
Weights: Off

Sunday: Recovery Day

Swim: Off
Bike: Off
Run: Off
Weights: Off

Week 9: Run Focus Week

Monday:

Swim: Off

Bike: Off

Run: Off

Weights: Off

Tuesday:

Swim: 3500yds: MS: 8x100/8x75/8x50/8x25...All Fast w/20" RI

Bike: Off

Run: 75' Run w/8x2' Hard/4' Easy

Weights: Stretch & Abs

Wednesday:

Swim: 3500yds: MS: 600/4x150/600/8x75...All on 20" RI

Bike: Off

Run: 60'-75' Aerobic Run w/4-6 x Drills

Weights: Stretch & Abs

Thursday:

Swim: Off

Bike: 75' Trainer Ride w/4x10' LT Sets/2' RI

Run: 30' T-Run

Weights: Stretch & Lower Body

Friday:

Swim: 4000yds (Short Warm Up): MS: 3000 Continuous w/every 3rd lap Fast

Bike: Off

Run: Off

Weights: Stretch & Upper Body

Saturday:

Swim: Off

Bike: 2Hr Ride or 60' Trainer ride after run

Run: 2.5Hrs w/5x(5x30" Strides/30" easy)

Weights: Stretch & Abs

Sunday:

Swim: Off

Bike: 2Hr Ride or 60' Trainer ride after run

Run: 75' Run

Weights: Stretch & Abs

Week 8: Bike Focus Week

Monday:

Swim: Off

Bike: Off

Run: Off

Weights: Off

Tuesday:

Swim: 3500yds: MS: 8x100/8x75/8x50/8x25...All Fast w/20" RI

Bike: Off

Run: 75' Run w/8x5' LT Sets/2' RI

Weights: Stretch & Abs

Wednesday:

Swim: 3500yds: MS: 12x200...All on 20" RI

Bike: 60'-90' Easy Ride

Run: Off

Weights: Stretch & Abs

Thursday:

Swim: Off

Bike: 75' Trainer ride w/10x3' Hard/2' Easy

Run: 30'-45' T-Run

Weights: Stretch & Lower Body

Friday:

Swim: 4000yds (Short Warm Up): MS: 5x600 w/every 3rd Lap Fast/30" RI

Bike: Off

Run: Off

Weights: Stretch & Upper Body

Saturday:

Swim: Off

Bike: 3Hr Ride or 90' Trainer ride after run

Run: 90' Run w/4x(5x30" Fast/30" Easy)

Weights: Stretch & Abs

Sunday:

Swim: Off

Bike: 6Hr Split Ride...5Hr Ride in morning & 60' Trainer Ride in afternoon

Run: 30' T-Run after trainer ride in afternoon

Weights: Stretch

Week 7: Recovery & Race Practice Week

Monday:

Swim: Off
Bike: Off
Run: Off
Weights: Off

Tuesday:

Swim: 3500yds: MS: 8x100/8x75/8x50/8x25...All Fast w/20" RI
Bike: 40' trainer Ride
Run: 20' T-Run
Weights: Stretch & Abs

Wednesday:

Swim: 3500yds: MS: 600/4x150/2x300/8x75...All on 20" RI
Bike: 40' Trainer Ride
Run: 20' T-Run
Weights: Stretch & Abs

Thursday:

Swim: Off
Bike: Off
Run: Off
Weights: Off

Friday: Practice Pre-Race Day Nutrition Plan

Swim: 500-1000yds w/5x10 Stroke Surges
Bike: 20' Ride w/a Few 20" Surges
Run: 10' Run w/4x10" Strides
Weights: Stretch

Saturday: Practice Race Day Nutrition Plan

Swim: 3000yds (Short Warm Up): MS: 2000 Continuous w/Every 5th Lap Fast (Do this swim on Friday if Saturday morning is not an option)...No need to ride immediately after swim.
Bike: 4Hr Aerobic ride...No need to run immediately after ride.
Run: 2Hr Aerobic Run
Weights: Off

Sunday:

Swim: Off
Bike: Off
Run: Off
Weights: Off

Week 6: Run Focus Week

Monday:

Swim:

Bike: Off

Run: Off

Weights: Off

Tuesday:

Swim: 3500yds: MS: 4x(10x50 Fast & 100 Kick)...All w/20" RI

Bike: Off

Run: 75' Run w/8x2' Hard/4' RI

Weights: Stretch & Abs

Wednesday:

Swim: 3500yds: MS: 2x(400/2x200/4x100)...All on 20" RI

Bike: Off

Run: 60' Aerobic Run w/drills

Weights: Stretch & Abs

Thursday:

Swim: Off

Bike: 75' Trainer Ride w/4x12' LT Sets/2' RI

Run: 30' T-Run

Weights: Stretch & Lower Body

Friday:

Swim: 4500yds (Short Warm Up): MS: 4x800 w/Every 4th Lap Fast/20"-30" RI

Bike: Off

Run: Off

Weights: Stretch & Upper Body

Saturday: Biggest Run Day

Swim: Off

Bike: 2Hr Ride or 60' Trainer ride after run

Run: 2.5Hr Run w/5x(5x30" Strides/30" easy)

Weights: Stretch

Sunday:

Swim: Off

Bike: 2Hr ride or 60' Trainer ride after run

Run: 90' Run

Weights: Stretch

Week 5: Bike Focus Week

Monday:

Swim: Off

Bike: Off

Run: Off

Weights: Off

Tuesday:

Swim: 3500yds: MS: 4x(10x50 Fast/20" RI & 100 Kick)

Bike: Off

Run: 75' Run w/4x10' LT Sets/2' RI

Weights: Yoga

Wednesday:

Swim: 3500yds: MS: 2x(300/2x150/4x75/12x25)...All on 20" RI

Bike: 60'-90' Easy Ride (Do a 2 -3Hr Ride if you can take the afternoon off from work)

Run: Off

Weights: Stretch & Abs

Thursday:

Swim: Off

Bike: 90' Trainer ride w/10x3' Hard/2' Easy Spin

Run: 30'-45' T-Run

Weights: Stretch & Lower Body

Friday:

Swim: 4500yds (Short Warm Up): MS: 5x600 Continuous w/every 3rd lap Fast/30" RI

Bike: Off

Run: Off

Weights: Stretch & Upper Body

Saturday:

Swim: Off

Bike: 3-4hr Ride after run

Run: 90'Run w/20 x 10" Strides

Weights: Stretch & Abs

Sunday: Biggest Ride

Swim: Off

Bike: 6Hr Split Ride...5Hr Ride in morning & 60' Trainer Ride in afternoon

Run: 30' T-Run after trainer ride in afternoon

Weights: Stretch

Week 4: Recovery Week

Monday:

Swim: Off
Bike: Off
Run: Off
Weights: Off

Tuesday:

Swim: 3500yds: MS: 4x(10x50 Fast w/20" RI & 100 Kick)
Bike: Off
Run: 90' Run w/2x20' LT Sets/2' RI
Weights: Stretch & Abs

Wednesday:

Swim: 3500yds: MS: 600/4x150/600/8x75...All on 20" RI
Bike: 40' Easy Trainer Ride
Run: 20' T-Run
Weights: Stretch & Abs

Thursday:

Swim: Off
Bike: 90' Trainer Ride w/4 x 12' LT Sets/3' RI
Run: 30' T-Run
Weights: Stretch & Abs

Friday:

Swim: 5000yds (Short Warm Up): MS: 10x400 w/every 4th lap Fast/30" RI
Bike:
Run: Off
Weights: Stretch & Abs

Saturday:

Swim: Off
Bike: 60' – 90' Easy Ride
Run: 30' T-Run
Weights: Stretch & Abs

Sunday: Recovery Day

Swim: Off
Bike: Off
Run: Off
Weights: Off

Week 3: Swim Build Week

Monday:

Swim:

Bike: Off

Run: Off

Weights: Off

Tuesday:

Swim: 3500yds: MS: 8x100/8x75/8x50/8x25...All Fast w/20" RI

Bike: Off

Run: 90' Run w/8x5' LT Sets w/2' RI

Weights: Stretch & Abs

Wednesday:

Swim: 3500yds: MS: 8x300 w/Every 3rd Lap Fast...All 30' RI

Bike: 60' Easy Ride

Run: Off

Weights: Stretch & Abs

Thursday:

Swim: Off

Bike: 90' Trainer ride w/4x15' LT/2' RI

Run: 30'-45' T-Run

Weights: Stretch & Abs

Friday:

Swim: 5000yds (Short Warm Up): MS: 4000 Continuous w/Every 4th Lap Fast & 30" RI

Bike: Off

Run: Off

Weights: Stretch & Abs

Saturday:

Swim: 3000yds: MS: 10x100 Fast & 10x50 Fast...All w/20" RI

Bike: Off

Run: 90' Run w/4x(5x30" Fast/30" Easy)

Weights: Stretch & Abs

Sunday:

Swim: Off

Bike: 3-4Hr ride

Run: 30' T-run

Weights: Stretch & Abs

Week 2: Taper Week

Monday:

Swim: Off
Bike: Off
Run: Off
Weights: Off

Tuesday:

Swim: 3500yds: MS: 8x100/8x75/8x50/8x25...All Fast w/20" RI
Bike: Off
Run: 60' Run w/10x30" Strides
Weights: Stretch Abs

Wednesday:

Swim: 3000yds: MS: 8x200...All on 30" RI
Bike: 60' Trainer Ride: 10x1' Hard/4' Easy
Run: 20' T-Run
Weights: Stretch & Abs

Thursday: Recovery Day

Swim: Off
Bike: 40' Easy Spin
Run: 20' Easy T-Run
Weights: Off

Friday: Recovery Day

Swim: 2000yds: MS: 10x50 Drill & 10x50 Fast
Bike: Off
Run: Off
Weights: Stretch & Abs

Saturday:

Swim: 4000yds (Short Warm Up): MS: 6x300/6x200 w/30' RI
Bike: Off
Run: 60' Run w/10x1' Quick/4' RI
Weights: Stretch & Abs

Sunday:

Swim: Off
Bike: 2-3Hr Ride
Run: Off
Weights: Stretch & Abs

Week 1: Race Week

Monday:

Swim: 3000yds: 10x50 Drill Sets. MS: 10x75 Fast/20" RI & 10x25 Fast/20" RI

Bike: Off

Run: 40' Run w/10x20" Strides

Weights: Stretch

Tuesday:

Swim: Off

Bike: 60'-90' Ride w/6x30" Surges

Run: Off

Weights: Stretch

Wednesday: Travel Day

Swim: Off

Bike: Off

Run: 30' Run w/6x20" Strides

Weights: Stretch

Thursday:

Swim: 20' Swim w/6x20 Stroke Surges

Bike: 30' Ride w/5x20" Surges

Run: Off

Weights: Stretch

Friday:

Swim: Off

Bike: Off

Run: Off

Weights: Off

Saturday:

Swim: 10'-15' w/5x10 strokes fast

Bike: 20' w/5x20" fast

Run: 10'-15' w/5x10" fast

Weights: Off

Sunday: Race Day

Swim: 2.4 Mile Swim

Bike: 112 Mile Bike

Run: 26.2 Mile Run