

MON

TUE

WED

THU

FRI

SAT

SUN

WEEK

BIKE

Built 1 of 6 IRONMAN Specialty

Wks: Trainer (Progressive TTs, 90)

Duration (P): 1:30:00

Workout Description:

20 min easy spin 10 min TT (75%)

10 min easy

8 min TT (60%) 10 min easy

8 min easy

8 min all out (100%) Easy spin

cooldown

Focus 4 week

SWIM

Wks: 1000

Duration (P): 1:00:00

Duration (P): 1:00:00

Workout Description:

600 swim back by 100

400 yard 10% swimming pattern by 100

Wks: 1000

Duration (P): 1:00:00

Duration (P): 1:00:00

Workout Description:

600 swim back by 100

400 yard 10% swimming pattern by 100

Wks: 1000

Duration (P): 1:00:00

Duration (P): 1:00:00

Workout Description:

600 swim back by 100

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Duration (P): 1:00:00

Workout Description:

600 swim back by 100

400 yard 10% swimming pattern by 100

Wks: 1000

Duration (P): 1:00:00

Duration (P): 1:00:00

Workout Description:

600 swim back by 100

RUN

Wks: 1000

Duration (P): 1:00:00

Duration (P): 1:00:00

Workout Description:

15 min easy warmup

11 min Repeats 10 200 m @

80% run @ 1.15 about the 15

then recover for the 2.5 %

Wks: 1000

Duration (P): 1:00:00

Duration (P): 1:00:00

Workout Description:

15 min easy warmup

11 min Repeats 10 200 m @

80% run @ 1.15 about the 15

then recover for the 2.5 %

Wks: 1000

Duration (P): 1:00:00

Duration (P): 1:00:00

Workout Description:

15 min easy warmup

11 min Repeats 10 200 m @

80% run @ 1.15 about the 15

then recover for the 2.5 %

Wks: 1000

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Workout Description:

15 min easy warmup

11 min Repeats 10 200 m @

80% run @ 1.15 about the 15

then recover for the 2.5 %

Wks: 1000

Duration (P): 1:00:00

Duration (P): 1:00:00

Workout Description:

15 min easy warmup

SWIM

Wks: 1000

Duration (P): 1:00:00

Duration (P): 1:00:00

Workout Description:

1000 swim up

1 minute of 1 x 100 m @

200 m @ 1.15

200 m @ 1.15

200 m @ 1.15

200 m @ 1.15

200 m @ 1.15

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200 m @ 1.15

200 m @ 1.15

200 m @ 1.15

STRENGTH

Wks: 1000

Duration (P): 1:00:00

Duration (P): 1:00:00

Workout Description:

10 push-ups 100 plank

100 x 2 side planks

10 push-ups 100 plank

100 x 2 side planks

10 push-ups 100 plank

100 x 2 side planks

10 push-ups 100 plank

100 x 2 side planks

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10 push-ups 100 plank

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10 push-ups 100 plank

BRICK

Wks: 1000

Duration (P): 1:00:00

Duration (P): 1:00:00

Workout Description:

10 min easy spin

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Training For Ironman

Jen Rulon MS



Training For Ironman:

Ironman 70.3 Henry Ash, Marlies Penker, 2009 This title is packed with expert advice on all aspects of training for and completing the Ironman 70.3 challenge Swim 1.2 miles then cycle 56 miles finish off with a 13.1 mile run This is Ironman 70.3 one of the fastest growing triathlon events in the world And even though it is only half the total distance of a full Ironman

Blue Collar Ironman Dr. Frank D. Rohter, Michael O'Shaughnessy, 2006-07-07 Every man and every woman has the ability to discover personal greatness More and more Average Joes are attempting the triathlon race and the world's most intense endurance challenge the Ironman Triathlon Blue Collar Ironman is written by two athletes who through their own experiences clear the path to the finish line for other typical competitors like themselves Blue Collar Ironman is written for a person interested in getting an edge in training and accomplishing not only a triathlon but the Ironman distance triathlon Unlike sophisticated educational material written by super freak athletes Blue Collar Ironman is focused on the competitor who has the heart and soul to compete against themselves in accomplishing this challenge It is the journey that drives the experience not the prize

How to Structure Life with Ironman Triathlon Training Jen Rulon MS, 2016-02-08 How do you fit Ironman Triathlon or 70.3 Ironman Training in along with living your life Here is a journal that will help get you organized with your life along with getting YOU ready for the race of your life

Coach in a Binder. Ironman Training Program . Second Edition. Frank Adornato, 2017-02-20 Coach In A Binder Ironman Training Program Second Edition is your alternative to having a personal coach It has been designed to tell you what to do week by week in all disciplines swimming cycling running strength work stretching eating recovery pre race taper and race day itself The format is easy to follow as you train through the weeks leading up to race day The art and science of physical training is dynamic It has always been changing and advancing with new data So too this Coach In A Binder has been updated from the first printing Like the first printing it is designed to tell you what to do week by week in all disciplines swimming cycling running strength work as well as stretching eating recovery pre race taper and race day itself Several new workouts and updated strength work are included in this edition When you're on the beach race morning you want to be confident that you've trained properly that your body and mind are ready you have a fuel plan and a finish is as certain as it can be given the daunting task at hand Follow this Coach In A Binder carefully and you'll have a successful safe and fun race

Be IronFit Don Fink, Melanie Fink, 2016-01-01 The third edition of the best Ironman triathlon training book in the market this updated volume contains time efficient training methods that have been honed over the years and have been proved to aid anyone in achieving their athletic dreams from beginners to experienced competitors This edition contains all new training plans new swim sessions new athlete profiles and state of the art flexibility and core strength regimens Be Iron Fit contains The essential workouts with exercise photography The training cycle Core training 30 week training programs Effective time management The principle of gradual adaptation Effective heart rate training Proper technique Equipment tips Race and pre race strategies Mental training

Effective goal setting and race selection Nutrition And much more *Start to Finish* Paul Huddle,Roch Frey,T. J. Murphy,2004 Okay you ve finished your first short distance triathlon Now it s time to up the ante and go further and faster This guide includes longer workouts balancing work family and training adding speed work recovery and the mental game which are all important to reach the half Ironman distance **18-Week Half IronMan Triathlon Training Plan** Team Iron Cowboy,2020-03-12 Developed by Certified IRONMAN Coaches and Triathlon Guinness World Record holder James The Iron Cowboy LawrenceTrain for your triathlon with complete daily planning for running swimming and cycling The Triathlon Training Book DK,2016-02-16 The Triathlon Training Book is your one stop reference for training and competing in a triathlon Find all the essentials you need to start training and improve your performance Clear customizable training plans for all triathlon distances Step by step exercises to build your strength Incredible illustrations that explain efficiency and speed Expert advice on race day strategy nutrition and equipment Trustworthy advice on treating common triathlon injuries and maintaining a healthy body Whether you are a first timer or a seasoned Ironman veteran you ll find what you need in The Triathlon Training Book There s even a special performance chapter with detailed anatomical artwork that explains the physiology and body mechanics for swimming cycling and running so you can see what s happening inside your body as you train Author Bio James Beckinsale MSc and BTA Level 3 is one of the UK s leading high performance triathlon coaches Founder of Optima Racing Team in London and an Olympic and Commonwealth Games Coach he has been training novice and elite athletes for 17 years James has coached age group triathletes to medal at World European and Ironman competitions and his website is www.optimaracingteam.com *IronFit's Everyman Triathlons* Don Fink,Melanie Fink,2018-03-01 Completing IronFit s triathlon trilogy alongside Be IronFit and IronFit Secrets for Half Iron Distance Success this is a go to time efficient training guide for the Standard and Sprint distance triathlons which are the most accessible and achievable distances for time crunched athletes The Standard Distance is the original triathlon configuration a 1 5 km swim 40 km bike and 10 km run 0 9 mile swim 24 8 mile bike and 6 2 mile run The Sprint Distance usually includes a 750 meter swim 20 km bike and 5 km run Half mile swim 12 4 mile bike and 3 1 mile run And there are duathlon equivalents of both triathlon races These Short Course distances are the everyman races of the sport and Don and Melanie Fink offer their time efficient IronFit training approach to them here in this book *Be Iron Fit* Don Fink,2010-03-16 Most how to books are too technical or too shallow Don Fink manages to pen a unique combination of information anecdotes and readability Scott Tinley two time Ironman World Champion Don s book certainly made me think A truly complete book for all abilities in the sport of triathlon that leaves no subject untouched Spencer Smith three time Triathlon World Champion Ever dream of being an elite endurance athlete and competing in races like Hawaii s Ironman Pro athletes are not the only people who can attain such superior accomplishments Every season tens of thousands of amateur triathletes compete head to head pushing their physical and mental strength to the limits The Ironman competition is a true test a 2 4 mile open water swim

followed by a 112 mile bike leg and a 26.2 mile marathon run In Be Iron Fit sought after multisport coach Don Fink draws on his time efficient training methods to provide a practical program in a step by step enjoyable way so even everyday athletes can attain ultimate conditioning **Ironman Made Easy** Paul Van Den Bosch,2006-09-28 With limits being constantly tested and pushed higher people consider the triathlon to be the ultimate challenge of the 21st century This title seeks to serve as a training manual for athletes of all abilities to reach the goal of triathlon competition It includes a scheme of training sessions time management techniques and more **The 12 Week Triathlete, 2nd Edition-Revised and Updated** Tom Holland,2011-03-01 It takes only 12 weeks to train to compete in a triathlon no matter what level you re at now Imagine being able to successfully compete in a triathlon in just three short months You can with fitness expert Tom Holland s all encompassing easy to use training manual The 12 Week Triathlete This completely revised and updated edition gives fitness enthusiasts the most exciting encouraging and up to date exercise information including 12 brand new training plans that outline exactly what you need to do every day up until the big event for ultimate triathlon success Whether you are a beginner or a seasoned triathlete training for a Sprint Olympic Half Ironman or Ironman event this book offers a complete step by step program that will help you strengthen tone up and both physically and mentally prepare for the big day You will learn how to Swim Start your race confidently swim strongly surrounded by others and transition easily from a wetsuit Bike choose the right bike transport it safely to the race and fuel yourself properly while you ride Run Don t bonk improve your speed and see your race through to the end Put It All Together Eat right through the 12 weeks train for each segment of the race gather your equipment and transport it safely to the race plan for and avoid last minute emergencies and most of all have fun and continue to compete in the future In addition all this you ll also find insider information on weight training endurance training and speed work as well as answers to questions like Can you eat during a race How do you line up your bike so you can jump right on it and What is the best way to quickly shed your wetsuit The 12 Week Triathlete is your secret weapon to triathlon triumph start training today Triathlon Training For Dummies Deirdre Pitney,Donna Dourney,2008-12-10 Shaping up for a triathlon is serious business Triathlon Training For Dummies is packed with insider tips and proven methods for training for a triathlon and pumping yourself into the best possible shape by race day It helps you find the motivation you need to stick to your program eat better to maximize your energy and prevent injuries both before and during the race This authoritative guide helps you evaluate your cardiovascular fitness muscle strength endurance and flexibility and to set manageable realistic training goals You ll learn how to establish a workout schedule choose a target finish time get the right affordable equipment you ll need for each leg of the race and maximize your fitness and form for swimming biking and running You ll also get plenty of help in putting it all together as you focus your training add dual workouts become a quick change artist and save time during transitions Discover how to Choose an event to train for based on your fitness level Get into your best possible shape Select the right equipment and sportswear Train for an Olympic Sprint

or Ironman triathlon Fuel your body and prevent injuries Prepare for training sessions Maintain energy and recover quickly Set training schedules for every triathlon event Treat common training and racing injuries Live like an athlete Triathlon Training For Dummies comes complete with resources for finding triathlons near you lists of items to bring along on race day and tips on registration formalities and racing etiquette **The Complete Book of Triathlon Training** Mark Kleanthous,2012 Covers all aspects of triathlon from getting started to training to how to finish a race **The Ironman Success Formula** Barrett Williams,ChatGPT,2025-08-08 Unlock the ultimate guide to conquering the Ironman triathlon with The Ironman Success Formula This comprehensive eBook is your roadmap to mastering every aspect of one of the most grueling endurance events on earth Whether you re a seasoned athlete or preparing for your first Ironman this guide is packed with strategies tips and techniques to help you cross the finish line with confidence Dive into the fascinating world of the Ironman with Chapter 1 where you ll explore its rich history and the psychological challenges it presents Learn how to break down the race into manageable segments swim bike and run In Chapter 2 discover the secrets of mental endurance Build resilience overcome mental barriers and harness the power of visualization to keep pushing through when the going gets tough Nutrition is crucial and Chapter 3 delves into the science of fueling your body offering insights into macronutrients micronutrients and crafting a tailored nutrition strategy for both training and race day Take your training to the next level in Chapter 4 with advanced techniques like periodization and cross training alongside cutting edge technology to monitor your progress Chapters 5 through 12 guide you step by step through each component of the race perfect your swim stroke master cycling dynamics and refine your running form You ll also learn to streamline transitions prevent injuries and recover effectively ensuring you re at your best when it matters most Push past plateaus in Chapter 10 and prepare for competition in Chapters 11 and 12 Adapt to changing conditions with flexible strategies and troubleshoot on the fly Learn from real life experience in Chapter 14 featuring inspiring stories from Ironman finishers who have overcome incredible odds to reach their goals Conclude your journey with Chapter 15 where you ll revisit key success strategies and commit to a lifetime of excellence Embark on your own Ironman journey today with The Ironman Success Formula and transform athletic ambition into unforgettable achievement **Become an Ironman** Cherie Gruenfeld,2008 Looks at the three stages of a triathlon and provides advice tips and training techniques for both the body and the mind **Ironman Triathlons** Ethan Olson,2023-12-15 With three grueling events combined into one energy draining test of endurance an Ironman triathlon pushes some of the top swimmers runners and bicyclists to their physical limits This title introduces readers to a series of races that grew from a humble beginning in Hawaii in the 1970s to a global race series that captures the imagination of fans worldwide The title features informative sidebars exciting photos a map a glossary and an index SportsZone is an imprint of Abdo Publishing a division of ABDO **A Grounded Theory of Ironman Triathlete Training** Suzannah Mort Armentrout,2007 **Triathlete Magazine's Essential Week-by-Week Training Guide** Matt Fitzgerald,2009-11-29 From

Triathlete magazine the most popular source for triathlete information comes an essential guidebook of weekly training plans for all skill levels As popular as the swim bike run sport has become in recent years triathlon training remains a daunting physical and mental challenge From short sprints to Olympic distance events this guide from Triathlete magazine provides athletes with different plans for every skill level and shows them how to build up their training to reach their ultimate goal Good humored narrative text accompanies detailed workout schedules guidelines weekly goals and coaching tips Including off season training advice and photo illustrated stretches and exercises this is the book triathletes need to stay at the top of their game

Ironman Triathlon Training in 6 Weeks Kylie Palombella, 2014-09-04 If you re an athlete currently preparing for your first Ironman Triathlon and would like the assistance of a structured training program for the final 6 weeks leading up to your race then this book is for you This book brings you a 6 week Ironman Triathlon training program that has been used successfully by many people training to become an Ironman The information is presented in a format that it easy to read and understand divided into weeks with recommended exercises described day by day By the time you get to the last week you will be ready to become an Ironman Ironman Triathletes typically train for far longer than 6 weeks to succeed so it s important to note that we have compressed as much training as possible into this timeframe with the assumption that you have already been training and exercising regularly Be warned that this program is quite rigorous and not for the fainthearted It is not designed for a complete couch potato or heavy junk food eater If you have been lazing around you may need to train for 20 weeks possibly even longer in order to complete the Ironman successfully If that describes you then go get to work and come back to read this book in a few more months when you re ready to get serious But for those who are ready now Happy reading and steadfast training you soon to be Ironman

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