

29 Week Iron Distance Training

Week 1

Sunday

- Swim 30 min
- Swim relaxed and smooth
- Run 20 min
- Run easy on flat

PRO TIPS

- Welcome to double days - you'll have many on your road to Ironman
- You can do this swim/run back to back or do one in the AM and one later in the day
- Make sure you go into each run with energy and a positive attitude

Monday

- Run 30 min
- Total comfort the whole way
- Focus on a tall, proud posture
- Stretch 12' after run

PRO TIPS

Stretch after every workout

- Include quads, hamstrings, calves, Iliotibial band (ITB)

Tuesday

- Swim 35 min
- Swim easy and prioritize technique.

PRO TIPS

- Job one is to keep body level at the surface of the water, keep legs from sinking but not via a hard kick
- Stay level with a) a deeper head position
- Stay level with b) angling the lead arm a bit deeper
- Stay level with c) leaning on upper chest

Wednesday

- Ride 60 min
- After easy warm up, hold steady comfy pace
- Make the bike go with a "spin" not a "mash"
- "Spin" the bike with higher cadence

PRO TIPS

90 Revolutions Per Minute (RPM) is a nice cadence for which to aim

- Use easier gears to sustain that spin

Thursday

- Run 30 min, 6 min warm up
- Then do 14 min of "fartleks"
- Finish with 10' easy

PRO TIPS

"Fartlek" is a Swedish term meaning "Speed play"

- The fartlek gives you control over interval
- You choose how long, how hard you'll go for that brief time
- And you can choose the recovery time too

Friday

- Swim 35 min
- Easy short pieces of perfection
- Confirm the level body position

PRO TIPS

Swimming well is ~80% technique and only 20% fitness

- Improve fitness on the bike and run for now and swim to improve skill

Saturday

- Ride 2 hours
- EASY and COMFORTABLE the whole ride
- Keep cadence high at 80-90 rpm
- Keep upper body relaxed
- Maintain a slight bend in elbows

PRO TIPS

Longer rides require fuel. Bring a bottle of Powerbar Endurance sports drink & a PowerGel

Week 2

Sunday

- Ride 2 hr
- Ride easy but include some rolling hills
- Keep working gears as terrain undulates
- Keep cadence near 90 rpm
- Every workout is an opportunity to test nutrition
- Every test leads you toward success on race day

Monday

- Swim 40 min.
- 1st 20 min. super easy and one length at a time
- 2nd 20 min. stretch perfect swim out to 2 lengths or longer but keep it perfect

PRO TIPS

Practice doesn't make perfect in swimming — only perfect practice makes perfect

Tuesday

- Off

PRO TIPS

Make time for extra rest on off days just like you make time for training on other days

Wednesday

- Swim 40 min
- Focus this week on long axis rotation
- Get swim power by timing hip rotation with arm action
- Run 30 min.
- Run in comfort but include some easy hills

PRO TIPS

All body power comes from hips

Don't swim flat

- Roll body like a log as you go
- When running hills look up and add a bit of extra arm swing

Thursday

- Ride 75 min. hill repeats
- Do a solid 15 min. warm-up
- Find a hill that's steady for 5 min. of riding
- Repeat 5-min. hill 4 times
- Finish with 40 min. flat and easy
- Climb seated and with a low heart rate
- Climb in a larger gear that puts you at ~60 rpm

PRO TIPS

Focus your mind on the complete pedal circle: push then scrape the bottom then pull up on back side then advance across the top

- Think of this as a strength-specific bike workout to build exact pedaling muscles

Friday

- Swim 40 min
- Swim longer pieces but ONLY if form holds

PRO TIPS

Stop and rest when form deteriorates

- Keep power coming from hips and the torso rolling like a log
- Swim each piece then stop and rest
- Don't start again until fresh and focused

Saturday

- Brick: Ride 1 hr. and run 20 min
- Ride 20 min. very easy then 30 min. moderate then 10 min. strong, Do bike-to-run transition to 7 min. or less
- Run easy off bike

PRO TIPS

Keep strides short as you begin the run

- Take on a few calories during bike so that you have energy for run
- We'll do lots of these bricks (combinations) so enjoy!

Week 3

Sunday

- Swim 45 min.
- Swim with level body and long axis rotation and relaxed recovery
- Run 30 min. flat and easy
- For this and every run make time to stretch after

PRO TIPS

Recovery week starts tomorrow so go strong this weekend

Monday

- Swim 30 min.
- Swim easy for 15 min. and a bit stronger for 15 min.
- Run 20 min.
- Run flat and in comfort with proud posture
- Include a solid stretch after this run

PRO TIPS

A short and easy run like this can actually help legs recover from Sunday's bike

- You could break this or any run up with some short 30–60 sec. walks when needed

Tuesday

- Stretch 30 min.

- Be sure to hit key areas of legs: quads hams calves and ITB
- Also stretch chest shoulders back and hips

PRO TIPS

This week is a big one so rest up today hydrate and psych up!

Wednesday

- Combo: Swim 30 min. and run 40 min.
- Swim easy with laser focus on technique
- Run within 10 min of exiting water
- Run flat
- 10 min. easy then 10 min. fartleks then 20 min. easy

PRO TIPS

Keep shoulders relaxed during run

- Shake out arms to loosen up
- Pull shoulders back a bit so chest is forward during run

Thursday

- Ride 75 min.
- Ride flat
- 12 min. warm-up then 8 min. stronger
- Easy for 2 min. then 8 min. strong again then cruise 45 min.
- Go as you feel
- 8 min. interval should be strong but not brutal

PRO TIPS

Choose a pace that challenges but that you could still hold steady for a half hour

Friday

- Run 40 min. flat and easy
- Swim 40 min.
- Swim focus: recovery arm

PRO TIPS

When the arm moves forward into the air that's the recovery phase

- Keep elbow high and fingers low just cm above water
- Relax forearm wrist and fingers during

Saturday

- Brick: Ride 2.5 hr.
- Run 15 min. off the bike
- Choose flat and rolling terrain
- Keep cadence at 80–90 rpm
- Run easy off bike
- Keep strides short

PRO TIPS

Keep energy up during ride with hydration and nutrition

- If bike is uncomfortable get fitted
- Big miles ahead
- Comfort is key

Week 4

Sunday

- Run 45 min.
- Warm on flat then into easy hills
- Keep heart rate under control on climbs
- Walk if you must

PRO TIPS

Remember to look up

- Keep arms active on climbs
- Start hills relaxed and then control pace so that heart rate stays low as you go up

Monday

- Recovery ride 40 min.
- Spin easy on flat in total comfort

PRO TIPS

Use this recovery ride to loosen legs after last week's efforts

Tuesday

- Off
- Find 20 min. mid-day to put feet up and relax
- Eat and hydrate well

PRO TIPS

The body is still building muscle even on this day off

Wednesday

- Swim 30 min.
- Swim short and easy pieces with lots of rest between

PRO TIPS

Keep arm rhythm easy and glide through water balanced

Thursday

- Marker run
- Must be done on a track or accurately measured mile course
- Jog 800 m (2 laps) for a warm-up
- Run up to a fixed heart rate and hold at 150 or 160 bpm for 1 mi. exactly and time that mile
- Pick a heart rate that's challenging without being hard and hold as closely as you can to that number

PRO TIPS

This workout must be repeatable

- Do it ~4 weeks to mark progress
- Duration is fixed at 1 mi. and intensity is fixed at whatever heart rate that you choose to hold
- What will change is your time
- Record it all accurately
- Jog an easy cooldown after and be sure to stretch

Friday

- Off

PRO TIPS

The body needs these rest days to rebuild and adapt

- Hard training lies ahead!

Saturday

- Ride 90 min.
- Ride flat and easy

Week 5

Sunday

- Swim 1200 m
- Include 15 x 50 m swim golf
- Swim golf: Count your strokes for each 50 then add to sec. for each 50 then get score
- Lower swim golf score by holding speed with fewer strokes
- Run 6 mi.
- Include some short and steepish hills

PRO TIPS

Let heart rate rise on hills but recover with easy jog on flats and descents

Monday

- Swim 1500 m
- Include 3 x 300 m steady with 1 min. rest between each

PRO TIPS

Think DPS: distance per stroke

- Stay "slippery" in the water

Tuesday

- Stretch 30 min.
- Hold stretches for a slow count of 10
- Stretches don't need to be painful
- Stretch until you feel it and then hold
- Do each stretch twice and go just a touch further each time

Wednesday

- Brick: Ride 1 hr. and run 20 min.
- Build bike pace to 20 min. easy then 20 min. moderate then 20 min. strong
- Run within 5 min. off bike
- Run 2 min. easy then 5 min. strong and 12 min. in comfort
- Stretch after every workout

PRO TIPS

If you are short on time then trim workout slightly and keep the stretch

Thursday

- Swim 1700 m
- Include 8 x 150 m easy with only 10 sec. rest between
- Run 45 min.
- Run flat
- 10 min. easy then 10 min. moderate then 10 min. fast
- Finish with 15 min. easy
- Pace the 8 x 150 so that time is the same for each

PRO TIPS

Keep strides short on run at all paces so that feet are only on ground for the briefest time

Friday

- Run 5 mi.
- Run flat
- Keep strides short with feet quick and light
- Good stride length results in ~180 steps per min.

PRO TIPS

- To confirm count every footfall for 10 sec.
- Aim for 30 footfalls in 10 sec.

Saturday

- Ride 50 mi.
- Moderate heart rate and high cadence
- Stay comfortable
- Make the bike go with smooth and fluid circles

PRO TIPS

Pace and fuel so that you are as strong in the last 15 min. as you are in the 1st

- Check in on hands and arms and shoulders
- Keep them relaxed

Week 6

Sunday

- Run 8 mi.
- Run flat and mostly in comfort
- Start long run easier than you think you should to guarantee strong finish

Monday

- Swim 1900 m
- Include 10 x 100 s steady with 15 sec. rest

PRO TIPS

When arm enters water and extends forward reach to greatest length

- Hold that lead arm out there waiting for recovery with fingers to come forward of head

Tuesday

- Off

Wednesday

- Swim 2000 m
- Include 3 x 400 with 45 sec. rest
- Make each 400 a touch faster
- Run 40 min. flat and easy
- Focus on foot strike

PRO TIPS

Swim each piece faster — it's called "descending" as in descending the time

- Be careful on run
- A heel strike can slow you down and increase injury risk
- Try to land on front foot with a touch of ball and a bit of front arch

Thursday

- Ride 75 min. bike hill repeats (BHR)
- Climb 5-min. steady hill at ~60 rpm seated and focused on perfect circles with low heart rate

PRO TIPS

See if you can swim so relaxed that you breathe every 5 s if not every 3

Friday

- Swim 2400 m
- Include 6 x 200 with bilateral breathing

- Rest 45 sec. between each

PRO TIPS

See if you can swim so relaxed that you breathe every 5 s if not every 3

Saturday

- Ride 65 mi.
- Ride flat and easy
- Every 10–15 min. shift up 2 gears and stand for 10–20 sec. to stretch easy and combat muscle stiffness

PRO TIPS

Every workout you do is a time to test something for race day

- These longer rides demand testing of the 2 critical pieces of race-day success: pace and nutrition
- Try all PowerBar® energy bars and energy gels and sports drinks in all flavors
- Find your favorite!

Week 7

Sunday

- Run 9 mi. run progressive tempo (RPT)
- Run 3 mi. easy then 3 mi. moderate then 3 mi. strong

PRO TIPS

Finish with a cooldown jog

- This RPT is a great way to approach a race
- RPT can guarantee a strong finish

Monday

- Swim 2100 m
- Include 12 x 100 m with 20 sec. rest
- Descend 1–3 4–6 7–9 10–12
- Remember that every workout begins with a warm-up and ends with a cooldown
- Descend 1–3 4–6 etc.
- Swim #1 easy then #2 a bit faster then #3 even faster then repeat

Tuesday

- Off
- Keep up the hydration today and get in plenty of complete and lean protein

Wednesday

- Swim 2400 m
- Include 4 x 400 m steady with 45 sec. rest
- Timing is critical so keep your body on its side until recovery hand hits the trigger point

PRO TIPS

- Trigger point is when recovery fingers touch the water
- At trigger point the body rolls at the exact time that arm enters and extends

Thursday

- Brick: Ride 20 mi. and run 3.5 mi. easy then 10 mi. moderate then 5 mi. STRONG!
- Run 3 mi. strong and 2 mi. easy
- Finish bike strong so that legs are "loaded"
- Running with loaded legs will make this ride seem like 50 mi. and not just 20 mi.

PRO TIPS

Run with those same short strides and focus mind on finding fluid run legs ASAP

Friday

- Swim 2700 m
- Include 3 x 300 m descend with 40 sec. rest then 3 x 200 descend with 30 sec. rest then 3 x 100 descend with 20 sec. rest

PRO TIPS

Pace wisely so that there are distance differences among all 3 swims

- Arm turnover is linked to swim speed
- If you want to swim faster increase arm turnover and maintain technique

Saturday

- Ride 70 mi.
- Keep mostly flat and mostly comfortable
- Scatter 4 x 10 min. with a slightly strong pace within ride
- Maintain the nice 80–90 rpm cadence even when you apply stronger pace

PRO TIPS

More testing on hydration and nutrition

- Many don't feel satiated unless they chew
- PowerBar® Performance energy bars might do the trick

Week 8

Sunday

- Run 6 mi.
- Put some easy hills into this run

PRO TIPS

Maintain both heart rate and stride length on ups and downs

- Keep heart rate steady by easing off pace on climbs and staying relaxed

Monday

- Swim 1200 m
- Include 15 x 50 s swim golf
- Count strokes and add to sec. for each 50
- Lower score for 1st 5 then keep it low for last 10

Tuesday

- Day off #1
- This is another recovery week
- You've been going strong for 3 weeks and deeply deserve the rest

Wednesday

- Ride 15 mi.
- Ride flat
- Include 6 sets of 30-sec. one-footers
- Ride easy for 2 min. between easy sets

PRO TIPS

Do one-footers on trainer or safe and wide-open road

- Remove one foot from pedal and hold it back and out of the way
- Pedal a smooth circle for 30 sec. with just one foot (no clunks)

Thursday

- Marker run
- Do exactly like you did back in week 4

- Jog the 800 m warm-up
- Run up to the same heart rate as before and hold right there exactly for 1 mi.

PRO TIPS

Time that mi. and compare time from today's marker run to the one you did last month

- Time should be faster perhaps by just a few sec.

Friday

- Off

Saturday

- Ride 30 mi.
- Ride flat and spin easy
- Shift early and often for terrain and wind

PRO TIPS

Let cadence be fluid and smooth

Week 9

Sunday

- Run 6 mi.
- Put some easy hills into this run

PRO TIPS

Maintain both heart rate and stride length on ups and downs

- Keep heart rate steady by easing off pace on climbs and staying relaxed

Monday

- Swim 1200 m
- Include 15 x 50 s swim golf
- Count strokes and add to sec. for each 50
- Lower score for 1st 5 then keep it low for last 10

Tuesday

- Day off #1
- This is another recovery week
- You've been going strong for 3 weeks and deeply deserve the rest

Wednesday

- Ride 15 mi.
- Ride flat
- Include 6 sets of 30-sec. one-footers
- Ride easy for 2 min. between easy sets

PRO TIPS

Do one-footers on trainer or safe and wide-open road

- Remove one foot from pedal and hold it back and out of the way
- Pedal a smooth circle for 30 sec. with just one foot (no clunks)

Thursday

- Marker run
- Do exactly like you did back in week 4
- Jog the 800 m warm-up
- Run up to the same heart rate as before and hold right there exactly for 1 mi.

PRO TIPS

Time that mi. and compare time from today's marker run to the one you did last month

- Time should be faster perhaps by just a few sec.

Friday

- Off

Saturday

- Ride 30 mi.
- Ride flat and spin easy
- Shift early and often for terrain and wind

PRO TIPS

Let cadence be fluid and smooth

Week 10**Sunday**

- Ride 80 mi.
- Keep heart rate low
- Keep your mind on those fluid circles

PRO TIPS

Plan nutrition before you roll out

- Aim for 300 calories per hr. after the 1st hr.
- Read the labels on everything you take
- Do the math and go confident

Monday

- Swim 2700 m
- Include 8 x 200 s with 30 sec. rest
- Numbers 2 4 and 8 need to be FAST!
- After fast swims use the 1st 50 m of the next swim as part of recovery

PRO TIPS

Get rest as you go

- Accentuate ease of the swim with less kick and easier arm turnout — just glide

Tuesday

- Off
- Be good to yourself today
- There are some very meaty workouts ahead this week and next
- Drink in this rest

Wednesday

- Ride 20 mi. BHR
- This time ride up 5-min. hill 7 times
- Do seated at 60 rpm with low heart rate focused on circles
- Run 5 mi. flat
- Run totally easy and relaxed
- You are free to do this workout back to back as a brick or separate as needed

Thursday

- Ride 30 mi. flat
- Include 4 x 8 min. moderately strong with 2 min. recovery
- This 8-min. interval should be challenging but not hard

- Push pace just a touch and hold for 8 min.
- Keep cadence high at 80–90 rpm even during interval

PRO TIPS

You could judge this and other intervals by feeling by heart rate

- by speed
- or with a power meter

Friday

- Swim 3200 m
- Include 4 x 600 m steady with 1 min. rest between

PRO TIPS

Pace these longer sets so that you are steady throughout the whole swim

Saturday

- Run 11 mi.
- Run flat
- Run the 1st 6 mi. super comfortable
- Then if you feel good step up the pace for the last 5 mi.

PRO TIPS

Posture and stride length should be all quality for the whole run

- A good breakfast buys you about 1 hr. of exercise
- Once that passes you've got to support with calories
- Try a PowerBar® Gel on this run

Week 11

Sunday

- Swim 4000 m
- Include 3 x 1000 steady and easy with 1 min. rest
- Run 13 mi.
- One simple goal here: 6.5 mi. easy then 6.5 mi. a touch faster

PRO TIPS

Run here should be a negative split

- This means that the 2nd half is faster than the 1st
- Plan every long run this way including race day

Monday

- Swim 3200 m
- Include 5 x 100 m with 10 sec. rest then 7 x 100 with 15 sec. rest then 9 x 100 with 20 sec. rest

PRO TIPS

Keep mind present during whole swim

- Prioritize mental checklist: level body hips rolling relaxed recovery etc.

Tuesday

- Off
- Try to sneak in 30 min. mid-day to put feet up and rest HARD

Wednesday

- Swim 3600 m
- Include 9 x 250 s with 45 sec. rest
- Descend 1–3 4–6 7–9
- Run 4 mi. flat and easy

- Challenge yourself by swimming 3 6 and 9 super fast

PRO TIPS

During run think of lifting foot off ground super fast

- Snap heel up towards butt

Thursday

- Ride 25 mi. BHR
- Climb 5-min. hill 8 times seated and focused on circles at 60 rpm

PRO TIPS

Keep heart rate low and mind highly attentive to perfect circles

Friday

- Run 7 mi. flat
- Keep mostly comfortable but include 5 x 2 min. fast with 3 min. recovery
- Dig deep on the 2-min. intervals

PRO TIPS

Let recovery be super easy

Saturday

- Ride 90 mi.
- Keep heart rate low
- Stay comfortable right from the start
- Plan your ride before you go

PRO TIPS

We're approaching race distance

- Start to master caloric intake to assure energy all the way through

Week 12

Sunday

- Run 8 mi.
- Run hills
- Choose a course with longer climbs
- Pace climbs so that you can run steadily all the way to top

PRO TIPS

Trail running is great training too

- Keep looking up
- It may be necessary to carry water or PowerBar® Endurance sports drink on this run

Monday

- Ride 15 mi. flat
- 20 min. at 70 rpm and super easy then 20 min. at 80 rpm still easy then 20 min. at 90 rpm
- This is a critical recovery week

PRO TIPS

Soak up rest days and easy workouts so you're ready for the next 3 weeks

Tuesday

- Off
- Keep hydration coming even on rest days and light days
- The body does most of its repairs during REM sleep
- Try for 8 or more hours' sleep each night

Wednesday

- Swim 1200 m
- Keep pieces short — nothing longer than 200 m
- Give yourself all the rest you need between swims

PRO TIPS

The pool is THE place to master technique

- Aim for a few open-water swims starting in week 19
- Race day will be 99% swim technique in the pool
- The other 1% will be about sighting to make sure you're going straight
- You'll practice that soon

Thursday

- Marker run
- Duplicate this as precisely as you can each time
- 800 m warm-up then 1 mi. for time at fixed heart rate
- Compare today's time to the 1st 2

PRO TIPS

You should see incremental improvement

- If there's a slower time it could be an off day — you may not be rested enough

Friday

- Stretch 30 min.
- Set aside another 30 min. to practice fixing a flat

PRO TIPS

No one is allowed to help you on race day

- You should be sufficient for training too

Saturday

- Ride 50 mi.
- Keep it flat and easy today

PRO TIPS

Focus on shifting smoothly and silently

- By soft-pedaling for an instant when you shift the chain will make its move perfectly

Week 13

Sunday

- Run 14 mi.
- 7 mi. comfortable and 7 mi. strong
- Swim 2600 m
- Include 3 x 700 with 1 min. rest
- Make each one faster
- Run first and swim later in the day

PRO TIPS

Be sure to hydrate between run and swim to avoid cramping in water

- Concrete is considered the hardest running surface and grass the softest
- Mix your surfaces to go easier on the body

Monday

- Swim 2800 m
- Include 5 x 400 m steady with 45 sec. rest

PRO TIPS

- Open turns in pool can be nearly as fast as flip turns — as long as you don't dally on the wall you're doing fine
- Tuesday**
- Off
 - Look ahead to the anticipate weather at your race location.
 - Try to plan workouts that mimic the climate you'll experience on race day.

Wednesday

- Ride 15 mi moderate pace
- Build through the ride so the first third is easy, middle third moderate, Last third STRONG!
- Run 7 mi moderate pace
- Run right off the bike, all flat.
- Include 20 minute of fartleks soon after legs feel good.

Thursday

- Ride 30 mi moderate pace
- Include 4x12 min moderate at 95+rpm w/ 3 min easy spin between.
- These 12 min efforts should be above race pace.
- As the weeks roll on you can expect the duration of the intervals to increase and the recovery to shorten.

Friday

- Swim 3800 yd
- Include 7x150 yds with 30 sec rest and 7x150 yds with 20 sec rest.
- Tough weekend ahead- have a good recovery after your swim and a good night's rest.

Saturday

- Ride 95 mi easy pace
- Bike easy and set the pace so you finish as strong as you started.
- Keep cadence high throughout.
- Training yourself to be mentally present on long rides is very important.
- Strive to stay focused.

Week 14

Sunday

- Ride 110 mi.
- All easy in comfort but scatter 6 x 15 min. where you're going stronger than race pace
- Keep cadence healthy and mind on pedal circles
- Duplicate as much of race day nutrition as you can to test under pressure

PRO TIPS

A & D ointment or other cycling-specific lubricants can improve comfort in the saddle region

- Sunscreen is another item that will need to be tested for race day
- The golden rule is: Nothing New on Race Day!!
- Test everything

Monday

- Ride 20 mi. flat
- This is a recovery ride
- Keep heart rate low and cadence moderate
- Flush legs from the tough weekend

PRO TIPS

Massage can be a big part of recovery

- Seek out a therapist who can help loosen up tight areas

- See therapist as often as you can

Tuesday

- Stretch 30 min.
- Quad hamstring calf IT band chest back and shoulder muscles — leave nothing unstretched
- Yoga can be a benefit but if you're new to it pick a super easy class and leave your competitive nature outside

PRO TIPS

Overstretching can leave you so sore that you won't be able to train for days

- Avoid this

Wednesday

- Swim 3800 m
- Include 3 x (200 strong with 15 sec. rest then 800 steady)
- Put a full 90 sec. rest after each 800 so that the 200 can be a really fast swim
- This set begins to mimic the race start
- The idea here is to tax yourself with the 200 and then still be able to swim well for the entire 800

PRO TIPS

Keep your mind on the priorities: level body and rolling the hips and extending long and relaxed recovery

Thursday

- Ride 25 mi. BHR
- Climb the 5-min. steady hill 8 times
- Climb seated at 60 rpm with low heart rate and focused on perfect circles

PRO TIPS

In the coming weeks we'll start to put some harder efforts into these hill climbs but until then keep heart rate low

Friday

- Swim 1200 m
- Make this one super easy
- Keep pieces short: 50 s 100 s etc.
- Keep rest intervals long: 30 sec. 45 sec. 60 sec. etc.

PRO TIPS

Easy swims like this can really help the body heal

- Look ahead to the weekend
- Start preparing today with hydration
- Rest for the coming mileage

Saturday

- Run 16 mi.
- 1 mi. warm-up then 1 mi. cooldown then 14 mi. STEADY and STRONG in the middle
- Constantly check in on posture and stride length as you go

PRO TIPS

PowerBar® Gel is the easiest and best fuel to take while running

- Test for favorite flavors and decide on caffeine
- Some energy gels are caffeinated and some are not
- Caffeine is a legal and legit drug that can lift you late in long runs

Week 15

Sunday

- Run 18 mi.
- Map out a 9-mi. loop flat to rolling

- Run it twice
- 1st loop easy then 2nd loop strong

PRO TIPS

- When you're fatigued it becomes even more critical that you check form
- Run tall with a proud posture
- Keep stride length short
- Keep arms swinging straight fore and aft

Monday

- Swim 1000 m
- Easy warm-up then 5 x 50 m with 20 sec. rest then 5 x 50 with 15 sec. rest then 5 x 50 with 10 sec. rest
- This is a recovery swim
- Stay relaxed and don't push
- Stretch 20 min.

PRO TIPS

Active recovery is often better than sitting about

- The movement helps you heal
- After swim and stretch hydrate all day and get ready for 5 more days of solid training

Tuesday

- Stretch 30 min.
- Stretching doesn't always cut through tight muscles and connective tissue

PRO TIPS

Using a foam roller can do wonders for breaking up problem areas

Wednesday

- Ride 90 min. flat
- A full hour easy at 80 rpm with low heart rate
- Then do 4 x 2 min. very strong with 5 min. recovery
- Sometimes the 1st intervals are harder than the last

PRO TIPS

Stay positive and stick with the workout

- It's a cliché but "Attitude is everything" befits a person training for an Ironman
- Take great pride in your pursuit
- Talk it up modestly with friends and family and tell them your goals
- By saying them out loud you make them reality

Thursday

- Run 8 mi.
- Run a flat course
- Run 4 mi. easy then 3 mi. strong with 1 mi. recovery
- The success of the next 3 days hinges on perfect recovery at the end of this run

PRO TIPS

Read "[Promoting Optimal Recovery](#)" section of the Nutrition Guide here at IronmanPower.com

Friday

- Swim 4200 m
- Include 4 x 800 steady with 1 min. recovery between each
- Swim for efficiency so that last 800 is same time as 1st

PRO TIPS

Use the mantra "reach and roll" every time your hand enters the water

- One of the cardinal rules of sailing is that the boat with the longest hull is always fastest
- Keep your hull long

Saturday

- Ride 120 mi.
- Go the distance!
- Pick a flat course
- Pace and fuel for total success

PRO TIPS

Read "[Fueling During Training and Competitions](#)" to make sure that you do it right on this ride and for race day

- Keep mental focus on perfect circles during ride
- Shift up 2 gears and stand for a few moments to freshen legs throughout ride

Week 16

Sunday

- Swim 2200 m
- Include 8 x (50 fast with 5 sec. rest then 150 easy)
- Take a full 1 min. rest after the 150
- Put effort into arm turnover for the faster swims

Monday

- Swim 1000 m
- All easy and all short
- Lots of rest between each swim
- Just use this time to loosen up legs
- This is a recovery week
- Resist urges to fill free time with errands and business
- Keep time for rest

Tuesday

- Off
- A massage this week would be awesome!

Wednesday

- Ride 75 min.
- Ride flat and easy in total comfort
- Let cadence build slowly through ride
- Stretch 30 min.
- Frequency of exercise is critical even if workout is short

Thursday

- Marker run
- Do exactly like you did back in week 4
- Jog the 800 m warm-up
- Run up to the same heart rate as before and hold right there exactly for 1 mi.
- Time that mi. and compare time from today's marker run to the one you did last month
- Time should be faster perhaps by just a few sec.

Friday

- Off
- If a massage isn't possible then take a good 30 min. to stretch

- Icing sore areas can also help reduce inflammation and speed recovery

Saturday

- Brick: Ride 30 mi. and run 3 mi.
- Ride 25 mi. super easy and last 5 mi. moderate
- Run flat in comfort
- Make the beginning of bike and the end of run super easy with just a bit of intensity before and after transition

Week 17

Sunday

- Ride 60 mi.
- Include 2 long climbs

PRO TIPS

Climb mostly seated but include 10 x 1 min. out of saddle climbing strong with full recovery

Monday

- Run 5 mi.
- Run a flat course
- Include 6 x 2 min. fast with 4 min. recovery

PRO TIPS

We're 4 mo. into the training plane and base fitness has been built through increasing endurance

- This month starts us on a new path: expanding fitness with greater intensity

Tuesday

- Stretch 30 min.
- This is virtually a day off but make time to commit to a long stretch session
- Stretch after every workout to ensure uninterrupted training

Wednesday

- Swim 1500 m
- Swim golf 30 x 50 m
- Ride 75 min.
- Ride flat with high cadence
- Include 5 x 1 min. STRONG with 4 min. recovery

PRO TIPS

Take the 1st 10 50s to get going

Thursday

- Run 9 mi. RPT
- 2 mi. easy then 3 mi. moderate then 3 mi. strong then 1 mi. recovery

PRO TIPS

Focus on lifting knee toward butt and driving knee forward at same time

Friday

- Ride 90 min. BHR
- Long warm-up
- Climb 5-min. hill 8 times seated with low heart rate
- Keep mind on circles

PRO TIPS

This begins day 1 of a 4-day bike focus

- This streak of riding is designed to create a breakthrough in cycling

Saturday

- Ride 80 mi.
- Ride a flat course
- Include 8 x 12 min. at a strong pace with 4 min. recovery

PRO TIPS

- These intervals are going to continue to expand
- Make sure to ride easily enough during recovery to guarantee next strong effort

Week 18

Sunday

- Run 7 mi.
- Run flat and easy
- Take 1st 3 mi. super easy then run 4 mi. as you feel

PRO TIPS

After Saturday's run be sure to allow for a long warm-up

- Don't expect stiff or sore feeling to last
- You've been running strong for weeks now
- Be open and ready to pick up pace at the middle of this run if you feel good

Monday

- Ride 20 mi.
- Ride all flat and all comfort
- Build cadence from 70 rpm to 100 rpm progressively through ride
- The easy spin of ~70 rpm helps free up tight muscles in legs

PRO TIPS

Moderate and steady cadences of 80–90 rpm are the most efficient circles to hold

- Higher cadences of 100 or more are great for developing neuromuscular fitness

Tuesday

- Stretch 30 min.
- Big run miles lay ahead
- Stretch legs well today

Wednesday

- Swim 3800 m
- Include 6 x 500 m with 1 min. rest descend 1–3 then 4–6
- Start with a strong focus on distance per sec. (DPS) then build turnover through the set
- Run 40 min. flat and easy
- Get a good long glide out of each stroke

Thursday

- Ride 35 mi.
- Ride a flat course
- Long warm-up and include 6 x 2 min. super strong with a full 4 min. recovery
- This 2-min. effort should be very demanding

PRO TIPS

Dig deep to power bike to new speeds

- You've ridden long and easy miles and some moderate intervals — now it's time to challenge your body further for more gains

Friday

- Run 4 mi.

- Run a flat course
- Include fartleks in mi. 2 and mi.3
- Make fartlek intervals appropriate to your energy level on the day

PRO TIPS

- This begins a 4-day run streak
- You must stretch well after every run in this series

Saturday

- Run 21 mi.
- Run an easy 1 mi. warm-up then proceed to 10 mi. course
- Run that loop once easy and once faster
- This will be your longest run before the race

PRO TIPS

While your mileage may have peaked there are more intense runs ahead

- By adding intensity your overall run speed should improve

Week 19

Sunday

- Run 12 mi.
- Run hills strong
- Keep looking up during climbs
- Keep arms active on uphill segments
- Hills build strength
- Go into them strong
- You'll feel the power when back on flats

Monday

- Run 6 mi.
- Run flat and soft
- Include some fartleks in mi. 2 and mi. 4
- Intervals in mi. 2 can be as brief as you want to reintroduce some speed to the run

PRO TIPS

Look ahead to the weekend and find the right spot for an open-water swim

- If there's no open water in your area then incorporate Wednesday's sighting drills in the pool

Tuesday

- Off
- There's a huge 5 days ahead
- Manage this day so you're fresh tomorrow morning

Wednesday

- Swim 4400 m
- Include 4 x 1000 steady with 2 min. rest
- Note time on each swim and pace so you can keep it steady
- Every 4 lengths lift just eyes above surface to sight the end of the pool

PRO TIPS

- Keep kick light and draw power from hip rotation
- Leave the lead arm out a bit longer to ensure great timing with hands and hips
- Sight quickly and without lifting the head too high or holding it up too long

Thursday

- Ride 20 min. BHR

- Climb 4 times up for 5 min. seated and focused on circles
- Then climb 3 more times up for 3 min. very strong
- Attack the hill

PRO TIPS

- For motivation note how far you get in 1st 3-min. effort then try to better that each time
- Climb strong with much of the 3 min. out of the saddle to power bike up hill

Friday

- Swim 2200 m
- Include 6 x (100 fast with 10 sec. rest and then 200 easy)
- Rest 1 min. after the 200

PRO TIPS

Really push the 100 so that you are deeply taxed

- The 10 sec. should not be enough for full recovery
- Get that full recovery while you swim the start of the 200

Saturday

- Ride 85 mi.
- Ride mixed hills and flat
- Include 5 x 15 min. at strong effort with full recovery
- Keep cadence high during 15-min. effort but really drive the bike

PRO TIPS

Eat during 2 of the 15-min. efforts

- Read "[Minimizing GI Distress](#)" article at IronmanPower.com

Week 20

Sunday

- Swim 1500 m
- Swim golf 30 x 50 s with 10 sec. rest
- Count strokes and add to sec. it takes to swim that 50
- Keep score low
- Run 8 mi.
- Run hills but run easy

PRO TIPS

Keep heart rate under control on climbs

- Adjust pace on hill runs so you don't go too hard up climbs
- You'll want to run well on descents

Monday

- Day off #1 of 3
- Wahoo!! Big rest and recovery week
- You still have "work" to do this week — but that work is to heal up quickly

PRO TIPS

Make time for rest exactly like you've made time for workouts

Tuesday

- Swim 1000 m
- Swim is all easy in small pieces with lots of rest between each bit
- Stretch for 30 min.

PRO TIPS

Active recovery today should heal all soreness

Wednesday

- Day off
- Sleep late to get full advantage of REM recovery

Thursday

- Marker run
- Do exactly like you did back in week 4
- Jog the 800 m warm-up
- Run up to the same heart rate as before and hold right there exactly for 1 mi.

PRO TIPS

Time that mi. and compare time from today's marker run to the one you did last month

- Time should be faster perhaps by just a few sec.

Friday

- Day off #3 of 3
- If you can schedule a massage today then do it!

Saturday

- Brick: Ride 50 mi. and run 5 mi.
- Make ride hilly and in last 10 mi. include 3 x 8 min. very strong with 1 min. recovery
- Run 3 mi. solid and steady then 2 mi. easy

PRO TIPS

The body should be starting to find fluid run legs a bit sooner off the bike now

- Expect some stiffness in the 1st 400–600 m but then it should be smooth sailing

Week 21**Sunday**

- Run 10 mi.
- Run all flat and all easy
- Swim 3100 m
- Include 12 x 100 m with 30 sec. rest and 12 x 100 m with 20 sec. rest

PRO TIPS

It's your choice whether you run or swim first

- Chose which sport is weaker for you and dedicate fresher energy to it

Monday

- Ride 25 mi. BHR
- Climb the 5-min. hill seated 4 times easy then 4 times strong for 3 min. but higher each time
- 3 min. is a long hill attack so pace those efforts so you go a bit higher than the one before

PRO TIPS

Maximize recovery after every workout

- We start a solid 3-week build here

Tuesday

- Combo: Swim 2500 m and run 5 mi.
- Swim: Include 6 x (150 fast with 10 sec. rest then 150 easy with 20 sec. rest)
- Run 5 mi. all steady and relaxed

PRO TIPS

Maintain those short strides on the run

- Keep to 30 footfalls every 10 sec.

Wednesday

- Run 9 mi. RPT
- 1 mi. easy then 2 mi. moderate then 5 mi. fast then 1 mi. easy
- Push yourself to hold a strong run for 5 mi.

PRO TIPS

Run pace is best referenced by race distance

- This 5-mi. effort should be a hair easier than 10-k race pace but far stronger than marathon pace.

Thursday

- Swim 3300 m
- Include 3 x 1000 descend with 1 min. rest

PRO TIPS

Swim an aggressive 1st 1000 so that you're forced to step up and better your already great effort

Friday

- Run 5 mi.
- Run this flat
- Include 6 x 3 min. very strong with 2 min. recovery

PRO TIPS

Sometimes the shorter runs are the hardest

- Dig deep and make this one count!

Saturday

- Ride 80 mi.
- Include 3 long climbs
- Mix in 3 x 8 min. strong with 2 min. easy on each climb
- This makes for 9 total efforts

PRO TIPS

Just like your race this kind of ride can succeed only with the proper fueling

- Start to solidify what flavors and styles work best for you

Week 22**Sunday**

- Swim 3400 m
- Include 3 x 1000 descend with 1 min. rest
- Swim 1st 1000 in total comfort

PRO TIPS

Try to better that by 40 sec. then step up and go a full 40 sec. faster again on last 1000

Monday

- Ride 20 mi.
- Ride a flat course
- Do 7 mi. at 70 rpm then 7 mi. at 80 rpm then 6 mi. at 90 rpm

PRO TIPS

Be confident in where you are and how far you've come

- Train with that pride and let it lift you to a new level

- 8 weeks to race day!

Tuesday

- Stretch 30 min.
- Don't let up on the body maintenance
- Stretching is key to success and survival at this distance

Wednesday

- Swim 3400 m
- Run 8 mi. on hills
- Swim: Include 8 x (3 x 50 m fast with 10 sec. rest then 200 easy with 1 min. rest)
- On 8 mi. run let heart rate really spike on the climbs by pushing strong then use flats and downhills to recover

PRO TIPS

In the fast swims start bringing more speed

- Get that speed by increasing arm turnover
- No matter how fast you swim the priorities still hold: level body and power from hips and reduce drag first

Thursday

- Ride 40 mi.
- Ride easy on flat but include 6 x 90 sec. at 105+ rpm with full recovery

PRO TIPS

This ride is relatively short and easy but cadence work adds huge quality

Friday

- Swim 3000 m and run 4 mi.
- Swim: Include 10 x (50 sprint with 30 sec. rest then 100 easy with 10 sec. rest then 100 fast with 40 sec. rest)
- Run: 1 mi. easy then 2 mi. fartleks then 1 mi. easy

PRO TIPS

By adding intense efforts you can expect breakthroughs in fitness and times

Saturday

- Brick: Ride 100 mi. and run 8 mi.
- Ride all easy and in total comfort
- Run 2 mi. strong and 6 mi. easy
- This is perhaps the best opportunity to duplicate race conditions

PRO TIPS

Map the ride

- Time and pace the ride to your expected race
- Apply exactly what you expect to eat on race day

Week 23

Sunday

- Swim 1.5 mi. in open water
- Stay relaxed and sight often to confirm direction
- Run 7 mi. easy

PRO TIPS

Minimize head lift in open water

- Glance up often to reduce zigzag effect.

Monday

- Ride 30 mi.

- Ride flat
- Ride 15 mi. easy at 85 rpm then 12 mi. strong at 105 rpm

PRO TIPS

Cooldown and stretching are what allow workouts ahead to happen

Tuesday

- Off

Wednesday

- Swim 2900 m
- Include 10 x 100 s with 20 sec. rest and 10 x 100 m with 10 sec. rest
- Run 8 mi.
- Include 4 mi. of fartleks

PRO TIPS

Find your favorite shoes in the make and model you'll want to wear on race day

- Break in those shoes to perfection and then set them aside — broken in and not broken down

Thursday

- Ride 30 mi.
- Ride a flat route
- Include 4 x 15 min. well over race pace pushing strong at 80 rpm with only 2 min. recovery

PRO TIPS

This cadence is a bit lower than normal

- Muscles will burn but grow stronger

Friday

- Swim 3200 m
- Include 10 x 100 s with 15 sec. rest and 10 x 100 s with 10 sec. rest
- Run 5 mi. all easy
- The pace at which you swim the 100 s today can be extrapolated to estimate your Ironman swim time
- 3800 m is the Ironman swim distance

PRO TIPS

Add a bit of time to eliminate the value of the wall push

- Wetsuit-legal Ironman swims are faster than non-wetsuit races
- Salt water's buoyancy makes for a bit faster race too

Saturday

- Ride 110 mi.
- Ride mostly flat
- Include 8 x 20 min. well beyond race pace

PRO TIPS

Aero position can and should also be a comfortable position

- A professional bike fit is worth the bike's weight in gold
- Do not put up with numbness and pain

Week 24

Sunday

- Run 11 mi.
- Run this one in the hills or on trail
- Run easy

- Keep heart rate steady the whole way

PRO TIPS

Trail surface is easier on the body than concrete

- Carrying water during the run has become easier
- Race day will offer aid stations every mi. so you may not need to haul hydration along with you

Monday

- Off
- Drink in this rest week
- Reduce caloric intake compared to higher-volume training weeks
- Read "[Ironman Protein Needs](#)" at IronmanPower.com
- We go strong starting next week for our final build to Ironman!

Tuesday

- Swim 1400 m
- Keep pieces easy and short with lots of rest between
- Ride 15 mi.
- Ride flat and make it completely comfortable

PRO TIPS

Recovery weeks allow the body to heal

- Training during this time is light but active so that no fitness is lost

Wednesday

- Run 5 mi.
- Run on flat and soft surface
- Run easy and steady and smooth

PRO TIPS

When the heel snaps up the knee drives forward and the foot touches down early

- The leg resembles a wheel — so just let your wheels roll easily during this run

Thursday

- Off
- Keep up hydration even on rest days

Friday

- Swim 1200 m
- Include 8 x (50 easy with 15 sec. rest and 50 moderate with 20 sec. rest)
- Run 6 mi. with some easy hills

PRO TIPS

Confirm race-day goggles' tightness of strap

- Some athletes like to wear the strap under the cap on race day to protect from having goggles bumped off
- Test this and everything else in training first
- Nothing New on Race Day!!

Saturday

- Ride 45 mi.
- Ride flat and keep heart rate low and comfortable

PRO TIPS

Right down to the most minor detail all race-day decisions must be made in training

- Pick out the water bottles you'll have on your bike in T1 and the ones you'll place in your special-needs bag

Week 25

Sunday

- Brick: Swim 2000 m and run 3 mi.
- Swim: Include 7 x 200 s steady with 20 sec. rest
- Run: Build into 1st mi. then ease back to comfort until end

PRO TIPS

Run easy out of the water to allow blood to transfer from upper to lower body

Monday

- Swim 4300 m
- Include 4 x 1000 descend each 1000 with 1 min. rest between
- Run 4 mi.
- Run flat but include 10 min. of fartleks in the middle

PRO TIPS

We begin our final push to Ironman

- Only 3 more weeks of real training!

Tuesday

- Stretch 30 min.
- Keep up with the body work: stretching and foam roller and massage etc.

Wednesday

- Ride 25 mi. BHR
- Climb just 2 x 5 min. seated and focused then 4 x 2 min. all out with 5 min. recovery

PRO TIPS

We're going to cap off the fitness with some explosive power

- Give it your all on the 4 2-min. climbs

Thursday

- Swim 2800 m
- Include 4 x 500 descending with only 30 sec. rest
- Run 6 mi. easy and flat

PRO TIPS

Do swim 1st and make it super powerful

- Run easy either immediately after or later in the day

Friday

- Run 6 mi. RPT
- Run 0.5 mi. warm-up then 1 mi. moderate then 4 mi. strong then 0.5 mi. easy

PRO TIPS

Keep core muscles engaged during entire run for greater stability

Saturday

- Brick: Ride 70 mi. and run 12 mi.
- Ride easy for 40 mi. but finish with 30 mi. well beyond race pace
- Run 6 mi. easy and 6 mi. strong

PRO TIPS

Again plan this run to mimic race-day topography and climate as best you can

- Put final touches on choices right down to the sunscreen you'll use

Week 26

Sunday

- Brick: Ride 30 mi. and run 10 mi
- Ride: Build by 10 mi. so last 10 are very strong
- Run 6 mi. fast and 4 mi. easy

PRO TIPS

On race day ride in total comfort

- We train far harder than what race pace will be
- Sometimes pushing to save 10 min. on the bike can cost 1 hr. on the run

Monday

- Stretch 30 min.
- Recharge all of the body's batteries today

Tuesday

- Ride 20 mi.
- Ride flat
- Include 8 x 30 sec. at 110 rpm with 2 min. recovery

PRO TIPS

Try this ride without socks and decide if you'll test a longer ride this weekend without as well

- Socks and bike shorts: These are some choices you'll have to make for race day
- Each choice boils down to the same thing: Comfort during ride or speed in transition?

Wednesday

- Swim 3500 m
- Include 6 x 500 descend 1–3 and 4–6 with 45 sec. rest between each
- Run 5 mi. with 3 mi. of fartleks in the middle

PRO TIPS

Elastic laces are faster in transition but regular ones may be more comfortable on long runs

- Decide which type you'll use on race day but do final testing in the next 2 weeks

Thursday

- Ride 30 mi.
- Ride flat
- Include 6 x 1 min. nearly all out with 5-min. recovery interval

PRO TIPS

After intervals or long climbs spin legs loose and free with easy circles

- During races long climbs are often followed by long descents
- Keep circles going to help flush legs

Friday

- Swim 1500 m
- Swim golf 30 x 50 m with 10 sec. rest

PRO TIPS

Shoot for new low score

Saturday

- Combo: Swim 3300 and ride 50 mi.
- Swim 3 x 1000 with 1 min. rest and build within each 1000 by 250 m
- Ride within 10 min. of leaving pool
- Ride hills easy and steady

PRO TIPS

Hold off from eating until 10 min. into the bike

- Blood may find its way to legs faster if not distracted by digestion

Week 27**Sunday**

- Swim 2 mi. open water
- Start easy and build to include 4 x 6 min. strong
- Run 3 mi. easy after swim
- Apply some lubricant to your neck to keep wetsuit from chafing

PRO TIPS

Some athletes coat their bodies in cooking spray to allow wetsuits to slip off more easily — don't do this

- Cooking spray affects wetsuit rubber and inhibits body cooling

Monday

- Stretch 30 min.
- Final week of training
- Taper begins Monday

Tuesday

- Swim 4300 m
- 3 x 800 m descend with 45 sec. rest then 3 x 500 descend with 30 sec. rest
- Run 4 mi.
- Run flat and include 6 x 2 min. fast with 1 min. recovery

PRO TIPS

Perform a few workouts in your race-day wear to confirm it's perfect

Wednesday

- Ride 30 mi.
- Ride flat and steady and smooth at 90 rpm

PRO TIPS

Bring focus back to perfect circles

- At this cadence push scrape pull advance across the top

Thursday

- Run 14 mi.
- Run flat on 7-mi. course
- Run 1st loop moderate and then 2nd 90 sec. faster

PRO TIPS

Use race-day energy gel during this run and confirm that it's perfect!

Friday

- Swim 3600 m
- Include 8 x (4 x 50 m fast with 10 sec. rest and 200 easy with 1 min. rest)

PRO TIPS

By pushing pace here on the 50 s you'll be more confident in the swim start on race day

Saturday

- Brick: Ride 90 mi. and run 8 mi.
- Ride 90 steady and smooth
- Run 8 in total comfort

Week 28

Sunday

- Run 6 mi.
- Run flat and easy but include 4 x 1 min. fast at end

Monday

- Stretch 30 min.
- Taper begins!

PRO TIPS

Plan to arrive at race site early to settle in and enjoy

Tuesday

- Swim 1200 m
- Swim it easy any way you like

PRO TIPS

Plan to shop for Ironman-branded clothes early — they frequently sell out

Wednesday

- Run 4 mi.
- Run flat and easy in total comfort

Thursday

- Off

Friday

- Swim 1400 m
- Include some very short and very fast bits but swim everything else easy and with lots of rest

PRO TIPS

Keep the body awake and alive

- Let it rest without letting it think that the pursuit of fitness is over

Saturday

- Ride 35 mi.
- Ride flat and keep cadence high
- Include 6 x 1 min. strong with 5 min. recovery
- Inspect tires for race day

PRO TIPS

Worn tread and big cuts mean it's time to replace

- Plan to carry 2 tubes and a small patch kit and a mini-pump or 3 CO2s
- CO2s are not allowed on airplanes — consider this for traveling

Week 29

Sunday

- Swim 15 min. easy
- Run 10 min. on flat super easy but include 3 x 30 sec. a bit faster with 2 min. easy between
- Hydrate today with both water and PowerBar® Recovery sports drink

Monday

- Stretch 30 min.
- Stretch easily
- Don't force anything today

Tuesday

- Run 4 mi.
- Run it flat and in comfort

Wednesday

- Swim 1000 m
- All short and easy

Thursday

- Ride 30 min.
- Assemble bike as soon as you arrive at race location
- Ride 30 min. easy but put pressure in every gear
- Make sure it feels perfect
- If there's an issue with your bike from travel don't panic but don't delay either
- Find a mechanic at the expo or at a nearby shop to solve problems

PRO TIPS

Get 8 or more hours of sleep tonight

Friday

- Rest
- Spend at least 2 hr. mid-day off your feet and out of the sun
- Look back over your training and gain confidence from all you've done!
- You know your pace
- You know your fuel
- You are ready

PRO TIPS

Get 8 or more hours of sleep tonight

Saturday

- Race Ironman to a proud finish!

PRO TIPS

Be calm and confident

- Think of this as nothing more than a well-catered training day