

R: 45minutes very easy run, RPE 3.

S: long day
wu: 200swim, 200kick, 200pull, 200swim
main: 1 x 1500, RPE 4 (alternate 1 x 1000)
cd: 4 x 50, each slower than last

Monday
 S: 40 B: 0 R: 45 W: 0 O: 0 Total: 85

S: speed day
wu: 400 continuous. last 50 in each 100 is kick
main: 8 x 100 EBEH (each 100 = 25Easy, 25Build, 25Easy, 25 Hard)
cd: 6 x 25, each slower than last

B: 15 warm up, warm down with easy spinning in the small ring. 30 middle minutes in big ring, but still not a hard effort. If on the road, concentrate on constant pedaling with minimal freewheeling.

Friday
 S: 30 B: 45 R: 0 W: 0 O: 0 Total: 75

R: 45 minutes at easy pace, RPE 2-3

B: 60 minutes road or trainer, all small chainring work, low effort.

Tuesday
 S: 0 B: 60 R: 45 W: 0 O: 0 Total: 105

OFF--rest.

Saturday
 S: 0 B: 0 R: 0 W: 0 O: 0 Total: 0

S: race-specific
wu: 4 x 75, last 25 in each is backstroke.
main: 3 x 400, 1 is RPE 3, 2 is RPE4, 3 is RPE 5
cd: 150 easy

Wednesday
 S: 30 B: 0 R: 0 W: 0 O: 0 Total: 30

B: 90 minute ride. Only go further if you easily completed all the other workouts this week. We're only getting started on a long 20 weeks...

Sunday
 S: 0 B: 90 R: 0 W: 0 O: 0 Total: 90


R: 90 minutes long run, easy pace. RPE 3.

Thursday
 S: 0 B: 0 R: 90 W: 0 O: 0 Total: 90

Week Goals

Starting our journey to Ironman, our primary target is to get the body used to a high frequency of workouts--the training won't be overly long or hard here, just day after day consistency.

I'll be using RPE (Rate of Perceived Exertion) to indicate intensity for the workouts. Back on the main sheet for this training program is a RPE10 chart showing the range of values and description of what you should be feeling at each level. If you use heart rate data, you can fill in bike and run values next to RPE values.



Programs, Articles, Training Logs, Forums...FUN!!!

Week: 20 Period: Prep

(hrs) S: 1.7 B: 3.3 R: 3.0 W: 0.0 O: 0.0 Total: 7.9