

## The plan

# 12 WEEKS TO IRONMAN

TEST YOUR METTLE IN THIS INFAMOUS ENDURANCE RACE WITH OUR EXPERT PLANS

## Meet the expert

Phil Mosley

Coaching editor of Triathlon Plus Mosley has coached dozens of triathletes to Ironman success



**IRONMAN IS** the ultimate test of triathlon endurance, and with 12 weeks left there's no room for messing about. It's time to knuckle down, or it'll be a very long day out. Thankfully these plans are designed to get you fit and race ready without taking over your life. They follow on from the Ironman Foundation plan we published in Triathlon Plus issue 23. Don't worry if you didn't see it, because as long as you've trained consistently over the last 12 weeks, there's no reason why you can't start now.

There are two plans to choose from here, one for the 'time-poor' which takes up to 13 hours per week, and one for 'time-rich' which takes anything up to 16 hours. They're by no means easy – after all you'll be racing a 3.8km swim, 112-mile bike ride and 26.2-mile run, but the sessions do progress over time, so it doesn't all come at once. You'll need to spend a big chunk of your weekends training, so it's a good idea to run it past your

family and friends first. Then stick a copy of your training plan onto the fridge so everyone can see it.

The longest run I've set is two hours. I know you'll be out for longer on race day, but keeping it lower enables you to train consistently, rather than breaking down with injury and fatigue. After all, it's what you do regularly in training that counts, not what you do once or twice. I've read that multiple Ironman World Champ Dave Scott never ran further than 13 miles in training either, and it didn't do him any harm. Finally, regardless of what the plan says, if you start losing your appetite, struggle to sleep or become abnormally grumpy take at least a couple of days rest.

## Coach's Tips

- Train in your race kit when possible
- Train using the same nutrition you plan to use on race day
- Train on your race-day bike when possible

## Are these plans for you?

To start these Ironman training plans you should already be able to:

- Swim 2,500m front crawl, non-stop
- Ride your bike for at least 3 hours
- Run non-stop for 90 minutes



## How it works

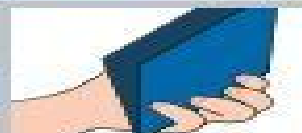
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# Ironman Training Guide

**Kevin Mackinnon**



## Ironman Training Guide:

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**, 2014 **A Healthy Guide to Sport** Kevin Mackinnon, 2005 This book provides a comprehensive plan that helps parents guide their children towards a healthy love of sports It will show parents and their kids how to get involved in triathlon and other lifestyle sports that can be pursued for a lifetime The Complete Idiot's Guide to Triathlon Training Colin Barr, Steve Katai, 2007-04-03 Every man an Iron Man and every woman too No longer exclusive events reserved for only the most committed athletes triathlons duathlons bike and run and aquathons swim and run now attract hundreds of thousands of Americans Filled with the inside tips practical advice and photos this is the book for any man or woman who wants to compete in multi sport events regardless of experience level Authors are experienced triathlon competitors and personal trainers Tips on setting up equipment training diet and motivation Dozens of exciting instructional photos *Ironman's Home Gym Handbook* Steve Holman, 1990 *Complete Triathlon Guide* USA Triathlon, 2012-04-24 Triathletes rejoice For the first time USA Triathlon its elite athletes and the nation's most respected coaches share their secrets strategies and advice for every stage every event and every aspect of the world's most demanding sport From training to technique fueling to recovery if it's essential to the sport it is covered in Complete Triathlon Guide In this guide you'll find invaluable bike handling techniques straight from the pros learn how to assess running form and improve running cadence and stride troubleshoot your freestyle swim stroke and shave seconds off starts and transitions And you'll go inside the sport for expert instruction and personal insights from triathlon's biggest names Joe Friel Gordon Byrn Bob Seebohar Sage Rountree Ian Murray Sara McLarty Linda Cleveland George Dallam Steve Tarpinian Krista Austin Igo Mujika Alicia Kendig Barb Lindquist Christine Palmquist Graham Wilson Jackie Dowdeswell Jess Manning Joe Umphenour Karl Riecken Katie Baker Kristen Dieffenbach Kurt Perham Mathew Wilson Michael Kellmann Mike Ricci Scott Schnitzspahn Sergio Borges Sharone Aharon Suzanne M Atkinson Timothy Carlson Yann Le Meur With Complete Triathlon Guide you'll enhance your training regimen with the most effective workouts including stage specific programs for swimming cycling and running programs for strength flexibility and endurance tactics that address individual weaknesses and advice on tapering to ensure you're in peak physical condition on race day From the latest on equipment and technology to preventing injuries and dehydration this

guide has you covered Whether you re gearing up for your first race or you re a hard core competitor looking to stay ahead of the pack Complete Triathlon Guide is the one book you should not be without 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 *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 Do Life Ben Davis,2014-01-07 At the age of twenty two Ben Davis weighed over 360 pounds Depressed addicted to food and morbidly obese he thought he d lost all hope But after a conversation with his grandmother Ben promised himself that he would finally take control of his life Ben decided to do life and so can you He started running At first he couldn t run a mile but before long he was running five ten and then twenty miles at a time His father and brother joined him and as a team they ran a marathon and went on to complete one of the hardest physical competitions in the world the Ironman Throughout his journey Ben captured his transformation in a series of YouTube videos inspiring countless others around the world to do life along with him Here Ben shares more of his personal story and illustrates how you can use his techniques to start living your own life to the fullest Do Life isn t just about diet or exercise depression or addiction it s about stepping out of your ordinary life and becoming who you want to be It s the story of one man who decided to live life his way And it could be your story too **The Complete Book of Men's Health** Men's Health Books,2000-08-22 Provides information on health related topics exercise diet and personal grooming *The Triathlete's Training Bible* Joe Friel,2024-01-02 The Triathlete s Training Bible is the bestselling and most comprehensive guide for aspiring and experienced triathletes now updated to incorporate new training principles and the latest methodologies to help athletes train smarter than ever Joe Friel is the most trusted coach in the world and his proven triathlon training program has helped hundreds of thousands find success in the sport of triathlon Joe has greatly updated this new Fifth Edition of The Triathlete s Training Bible to incorporate new training methods especially on workout intensity to help athletes train smarter and produce better results than ever The Triathlete s Training Bible equips triathletes of all abilities with every detail they must consider when planning a season lining up a week of workouts or

preparing for race day With this new edition Joe will guide you to develop your own personalized triathlon training program and Become a better swimmer cyclist and runner Train with the most effective intensity and volume Gain maximum fitness from every workout Make up for missed workouts and avoid overtraining Adapt your training plan based on your progress and lifestyle Build muscular endurance with a proven approach to strength training Improve body composition with smarter nutrition The Triathlete s Training Bible is the best selling book on tri training ever published Get stronger smarter and faster with this newest version of the bible of the sport What s New in the Fifth Edition of The Triathlete s Training Bible The science and sport of triathlon have changed since the previous edition was released This new edition adds emphasis to personalizing training plans incorporates new power pace and heart rate techniques for swimming cycling and running improves on skill development techniques updates his strength training approach speeds up recovery for busy athletes and cuts through the noisy volume of training data to focus athletes on the numbers that mean the most to better performance The most significant changes have to do with getting the intensity of workouts right to build a bigger aerobic endurance base while becoming more race fit

**Project Ironman** Todd Pringle, 2016-01-14 I have written this book over the course of the last 5 years leveraging the contents as I coach and train for Ironman distance races There seemed to be a gap to help assist self coached athletes to pull together the pieces helping them achieve their personal goals in endurance sports Most books I have read are excellent for helping to define training plans use of training technologies sprinkled with a few inspirational stories of how people overcame their challenges to achieve their triathlon goals The challenge for some of us myself included is that technology and the details of the workouts are only a piece of the puzzle that help us to achieve our goals They are the needed evils of training for our sport but what seemed to be missing was a method to pull the information together in a manner that wasn t completely overwhelming My approach was developed to ensure I had triathlon work life balance and not necessarily in that order in an easy to understand methodology Most of us hold down full time jobs and have kids or other family activities at the very least I have a unique background for this journey with you I am veteran of many marathons and all Triathlon length races including multiple Ironman s I am an IRONMAN CERTIFIED Coach I am also a seasoned project manager since the early 90 s and have managed numerous multimillion dollar complex projects The discipline instilled by project management with budget scope schedule and quality constraints naturally lent itself to a logical and ordered approach for tackling the Ironman goals I took my simple approach that I apply to large projects and applied it for endurance sports

**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

**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      The Triathlete's Guide to Peak Performance Editors of Inside Triathlon magazine,2012-07-26 The Triathlete s Guide to Peak Performance is the ultimate resource for every multisport athlete striving to break through to the next level on the race course This book compiles hard won knowledge shared by the sport s greatest coaches and champions from the pages of Inside Triathlon magazine The stories delve into the minutia behind training and racing strategies that have carried athletes to Olympic success and Ironman world titles This e book shows you how to reach the pinnacle of your own abilities by tapping into your mental and physical potential      *A First-Timer's Guide to Ironman Training, Nutrition, and Race Day Strategies* Steve McDonald,2024-06-19 IRONMAN A First Timer s Guide to Ironman Training Nutrition and Race Day Strategies is designed to help the beginner Ironman athlete to plan for compete in and recover from their first ever Ironman competition It describes what an Ironman is provides practical strategies for pre during and post race helpful tips for training mental preparation recovery nutrition equipment and a sample 29 week Ironman programme If you are considering training for and completing your first Ironman then this is the book for you Ironman is achievable for almost anyone so long as you have a plan have a programme and commit to the long hours of training and recovery Come join the Ironman family      **The Women's Guide to Triathlon** USA Triathlon,2015-05-21 The Women s Guide to Triathlon presents female specific training techniques and equipment for triathlon Guided by the USAT Women s Committee whose goal is to encourage women s participation in the sport 20 of the sport s top female coaches and athletes offer their winning advice      The Complete Idiot's Guide to Short Workouts Deidre Johnson-Cane,Jonathan Cane,Joe Glickman,2001 Provides routines for fifteen thirty forty five and sixty minute cardiovascular and weight training workouts including information on seasonal and office workouts      **Beginners Guide to Conquering an Ironman Triathlon** Andrew Crabtree,2017-08-31 OK so you ve decided you are going to undertake an Ironman You have watched a couple a motivational videos on YouTube you have logged onto the site entered your details paid your fee told everybody you know about it on Facebook and Twitter and have undertaken a sponsorship drive for the charity of your choice Life is good and you feel good about it At some point the enormity of what you have signed up for will hit you It could be when you wake up in the middle of the night for a pee when you start to read an article on the number of hours the Pro s put into training on a weekly basis or when you attempt your first swim in the pool and struggle to complete ten lengths Do not panic As daunting as it feels at this moment in time this is an achievable life changing challenge which will push you to your limits If you put the right training and preparation in you will stand or float at the start line knowing that this is going to be one of the most amazing days of your life The following Chapters will take you through planning executing and recovering in the weeks and

months up to your Ironman event The Chapters are aimed to be succinct and to the point in topics which are notoriously full of differing opinions and supporting scientific proof The Chapters are based upon my findings during my journey to completing the four Ironman events that I have to date with a lot of reading picking peoples brains and trial and error Completing an Ironman is tough and should be given the respect that it deserves in the training and preparation that is made but caution should be taken in not giving the event too much respect in that it becomes crippling in your pursuit of glory  
*Velo News ,2003*

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