

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?

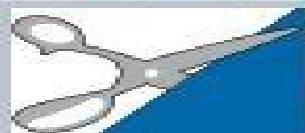
To start these Ironman training plans you should already be able to:

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



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