

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?

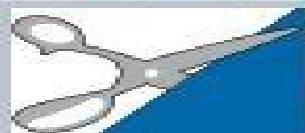
To start these Ironman training plans you should already be able to:

- 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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The Top Books of the Year Ironman Training Guide The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the fascinating narratives that have captivated audiences this year. Ironman Training Guide : Colleen Hoover "It Ends with Us" This heartfelt tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Ironman Training Guide : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and suspenseful novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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