

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?

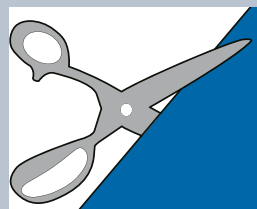
To start these Ironman training plans you should already be able to:

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

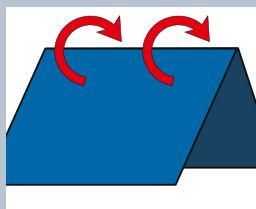


How it works

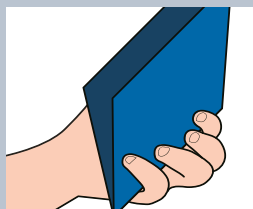
Get your guide ready to go



Cut out the guide following the dotted outline



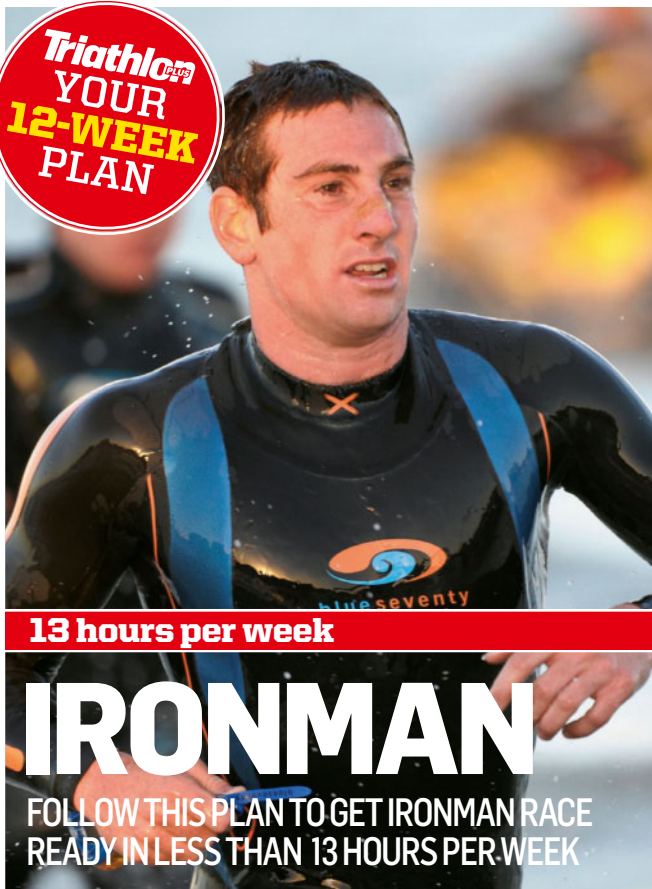
Fold the guide in quarters using the fold guides



Now carry it with you for reference while training



Triathlon PLUS
YOUR
12-WEEK
PLAN



13 hours per week

IRONMAN

FOLLOW THIS PLAN TO GET IRONMAN RACE READY IN LESS THAN 13 HOURS PER WEEK

FOLD1

TRAINING ZONES

USING THESE Training Zones will help you train at the right intensity for each session. This helps develop specific aspects of your fitness, as well as making sure you don't overdo it. You can either estimate your intensity using the Training Zone descriptions, or use a heart-rate monitor for a more precise measure. If you use a heart-rate monitor, use the percentages provided and subtract them from your maximum heart rate to calculate your zones. Tools like cycle power meters and GPS watches will also help track your training progress, but they're not essential for these plans.

These training zones are only a guide, so don't worry about being overly precise with heart rates because they'll fluctuate anyway. It's good to be mindful of your intensity but it's even more important that you get out there and enjoy your training.

ZONE 1: Recovery

60 to 65% of max. Easy pace, feels nice and light.

ZONE 2: Steady

65 to 75% of max. Fairly easy pace. Easy enough so that you could breathe just through your nose if you wanted to.

ZONE 3: Tempo

75% to 80% of max. Fairly hard but sustainable pace.

ZONE 4: Race Tempo

80 to 90% of max. Hard pace. Sustainable, but requires real focus.

KEY

WU Warm up **WD** Warm down **MAIN** Main set **FC** Front crawl **PULL** Front crawl using a pull float **RI** Rest interval **BUILD** Swim each 25m slightly faster than the previous **K** Kick **NS** Negative split (swim the second half of a rep faster than the first) **REC** Recovery **DESC** Descending (swim each rep faster than the one before) **BI** Bilateral (breathe every third stroke) **BREAST** Breaststroke **BACK** Backstroke

STAY IN THE TRAINING ZONE WITH TRIATHLON PLUS

WEEK 01

WEEK 02

Mon	Swim 2,550m WU Z2: 200m FC, 2x200m (50m FC, 100m K, 50m FC (20secs RI)) MAIN Z2: 300m, 200m, 100m (20sec RI) 200m, 100m, 50m NS (25sec RI), 200m in Z4 (30sec RI), 100m in Z4 (30sec RI), 6x100m PULL (25sec RI) WD Z1: 100m FC	Swim 2,600m WU Z2: 6x75m (20secs RI) MAIN Z2: 2x200m (20secs RI), 100m in Z3, (20secs RI), 2x200m (25secs RI), 100m in Z3 (25secs RI), 2x300m (30sec RI), 100m in Z3 WD Z1: 6x75m (50m FC, 25m BACK) (20secs RI)
Tue	Run 40mins in Z2	Run 40mins in Z2
Wed	Swim 2,500m WU Z2: 400m FC MAIN Z2: 8x50m BUILD (20secs RI), 400m in Z3 (15secs RI), 2x200m in Z4 (15secs RI), 400m in Z3 (15secs RI), 4x100m in Z4 (15secs RI) WD Z1: 100m FC	Swim 2,550m WU Z2: 2x150m FC, 100m K, 50m FC MAIN Z3: 4x(50m PULL (15secs RI), 50m REC (15secs RI), 100m BUILD (15secs RI)), 2x600m NS (30secs RI) WD Z1: 100m FC or BACK
Thur	Run 90mins in Z2 on hard ground	Run 1hour45mins in Z2 on hard ground
Fri	Rest day	
Sat	Brick 3hours 45mins Ride 3hours 30mins in Z2, straight into Run 15 mins in Z2	Brick 4hours 15mins Ride 4hours in Z2, straight into Run 15 mins in Z2
Sun	Bike 2hours recovery ride in Z2, with optional café stop	Bike 2hours recovery ride in Z2, with optional café stop

WEEK 03

WEEK 04

Mon	Swim 2,500m WU Z2: 300m FC, 200m K MAIN Z2: 4x200m as 150m FC, 50m K (30secs RI), 600m PULL (60secs RI), 8x50m DESC (20secs RI) WD Z1: 200m FC	RECOVERY WEEK Swim 1500m WU Z1: 500m FC MAIN Z2: 500m mixed strokes WD Z1: 500m FC
Tue	Run 40mins in Z2	Run 30mins in Z2
Wed	Swim 2,700m WU Z2: 300m FC, 200m K, 100m FC, 200m K MAIN Z2: 3x(200m PULL (30secs RI), 3x100m FC DESC 1-3 (15sec RI)), 300m FC WD Z1: 100m FC	Swim 1500m WU 500m MAIN 800m at approx Ironman race pace WD 200m
Thur	Run 90mins in Z2 on hard ground	Run 30mins WU 13 mins in Z2 MAIN 2x3mins at top of Z3+60secs RI WD 10mins in Z2
Fri	Rest day	
Sat	Brick 4hours Ride 3hours 45mins in Z2, straight into Run 15 mins in Z2	Brick 2hours Ride 1hours 40mins in Z2, straight into Run 20 mins in Z2
Sun	Bike 2hours recovery ride in Z2, with optional café stop	Bike 90mins recovery ride in Z2

WEEK 05

WEEK 06

Mon

Swim 2,800m
WU Z2: 2x200m FC, 4x50m K (15secs RI) MAIN Z2: 2x300m (20secs RI), 4x25m BACK (15secs RI), 2x250m K (20secs RI), 4x25m BREAST (15secs RI) 2x200m fast (15secs RI), 200m K WD Z1: 200m FC

Tue

Run 40mins in Z2

Wed

Swim 2,700m
WU Z2: 4x300mas (100m FC, 100m K, 100m BI) MAIN Z2: 8x50 BUILD, 3x (150m, 100m, 50m FC) with the following rests: 1st round (15sec, 10sec, 5sec), 2nd round (20sec, 15sec, 10sec), 3rd round (25sec, 20sec, 15sec) WD Z1: 200 FC

Thur

Run 2hours in Z2 on hard ground

Fri

Rest day

Sat

Brick 4hours 30mins
Ride 4hours 15mins in Z2, straight into Run 15mins in Z2

Sun

Bike 2hours
recovery ride in Z2, with optional café stop

FOLD2

Mon

WEEK 07

WEEK 08

Mon

Swim 3,100m
WU Z2: 300m FC, 300m K (20secs RI) MAIN Z2: 4x150m (10secs RI), 200m Kin Z4: 4x150m (15secs RI), 200m Kin Z3: 4x150m (30secs RI), 200m Kin Z2 WD Z1: 100m FC

Tue

Run 40mins in Z2

Wed

Swim 1500m
WU Z1: 500m FC MAIN Z2: 500m mixed strokes WD Z1: 500m FC

Thur

Run 2hours in Z2 on hard ground

Fri

Rest day

Sat

Brick 4hours 45mins
Ride 4hours 30mins in Z2, straight into Run 15mins in Z2

Sun

Bike 2hours
recovery ride in Z2, with optional café stop

RECOVERY WEEK

Swim 1500m
WU Z1: 500m FC MAIN Z2: 500m mixed strokes WD Z1: 500m FC

Tue

Run 30mins in Z2

Wed

Swim 1,600m
MAIN DESC 500s 1 to 3 WD Z1: 100m FC

Thur

Run 30mins
WU 13 mins in Z2 MAIN 2x3min at top of Z3+60secs rest WD 10mins in Z2

Fri

Rest day

Sat

Run 20mins
Recovery run in Z2, including 4x30secs accelerating to 10km race pace

Sun

AM Bike 1hour 30mins recovery ride in Z2
PM Swim open water 30mins in Z2

FOLD1

WEEK 09

WEEK 10

Mon

Swim 2,900m
WU Z2: 300m FC, 200m K, 100m FC, 200m K MAIN 4x250mas (100m Z3, 50m Z4, 100m Z3 (30secs RI), 4x150mas (50m Z3, 50m Z4, 50m Z3 (20secs RI)), 4x100mas (25m Z3, 50m Z4, 25m Z3 (15secs RI)). WD Z1: 100 FC

Tue

Run 40mins in Z2

Wed

Swim 3,800m
steady state at approx Ironman race pace

Thur

Run 2hours in Z2 on hard ground

Fri

Rest day

Sat

Brick 4hours
Ride 3hours 45mins in Z2, straight into Run 15mins in Z2

Sun

AM Bike 2hours
recovery ride in Z2, with optional café stop
PM Swim open water
30mins in Z2

Mon

Swim 2,300m
WU Z2: 6x75m (20secs RI) MAIN Z2: 1x500m (20secs RI), 1x400m (20secs RI), 1x300m (20secs RI), 1x200m (15secs RI). WD Z1: 6x75m (50m FC, 25m BACK)

Tue

Run 40mins in Z2

Wed

Swim 1.6km
MAIN DESC 500s 1 to 3 WD Z1: 100m FC

Thur

Run 40mins in Z2

Fri

Rest day

Sat

Brick 2hours
Ride 1hour 45mins in Z2, straight into Run 15mins in Z2

Sun

AM Bike 90mins
recovery ride in Z2, with optional café stop
PM Swim open water
30mins in Z2

WEEK 12

RACE WEEK

Swim 1500m
WU Z2: 500m FC MAIN Z3: 500m FC WD Z1: 500m mixed strokes (FC, BREAST, BACK)

Tue

Rest day

Wed

Ride 1hour in Z2

Thur

Run 30mins in Z2

Fri

Bike 15mins
in Z2, to check your bike is working ok

Sat

Swim 15 to 20mins
open water in Z2

Sun

RACE DAY



Triathlon PLUS
YOUR
12-WEEK
PLAN

16 hours per week

IRONMAN

PEAK FOR AN IRONMAN WITH THIS TRAINING PLAN, WHICH TAKES UP TO 16 HOURS PER WEEK

FOLD1

WEEK 01

WEEK 02

Mon	AM Swim 2,550m. WU Z2: 200m FC, 2x200m (50m FC, 100m K, 50m FC (20secs RI)) MAIN Z2: 300m, 200m, 100m (20secs RI), 200m, 100m, 50m NS (25secs RI), 300m in Z4 (30secs RI), 6x100m PULL (25secs RI) WD Z1: 100m FC PM Run 40mins in Z2	AM Swim 2,600m WU Z2: 6x75m (20secs RI) MAIN Z2: 2x200m (20secs RI), 100m in Z3 (20secs RI), 400m, 100m in Z3 (25secs RI), 2x300m (30secs RI), 100m in Z3 WD Z1: 6x75m (50m FC, 25m BACK) (20secs RI) PM Run 40mins in Z2
Tue	Swim 2,000m steady state at approx Ironman race pace	Swim 2,000m steady state at approx Ironman pace
Wed	AM Swim 2,500m WU Z2: 400m FC MAIN Z2: 8x50m BUILD (20secs RI), 400m in Z3 (15secs RI), 2x200m in Z4 (15secs RI), 400m in Z3 (15secs RI), 4x100m in Z4 (15secs RI) WD Z1: 100m FC PM Run 1hour 30mins in Z2, including 3x5mins efforts at top of Z3	AM Swim 2,550m WU Z2: 2x150m FC, 100m K, 50m FC MAIN Z3: 4x150m PULL (15secs RI), 50m REC (15secs RI), 100m BUILD (15secs RI) 2x600m NS (30secs RI) WD Z1: 100m FC/BACK PM Run 1hour 45mins in Z2 including 4x5mins at top of Z3
Thur	Bike 1hour 30mins in Z2	AM Run 30mins 30mins recovery run in Z2 PM Bike 1hour 30mins Recovery ride in Z2
Fri	Rest day	
Sat	Brick 3hours 45mins Ride 3hours 30mins in Z2 (including 2x20min efforts at top of Z3), straight into Run 15mins in Z2	Brick 4hours 15mins Ride 4hours in Z2 (including 4x15min efforts at top of Z3), straight into Run 15mins in Z2
Sun	Bike 2hours recovery ride in Z2, with optional café stop	Bike 2hours recovery ride in Z2, with optional café stop

TRAINING ZONES

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ZONE 2: Steady

65 to 75% of max. Fairly easy pace. Easy enough so that you could breathe just through your nose if you wanted to.

ZONE 3: Tempo

75% to 80% of max. Fairly hard but sustainable pace.

ZONE 4: Race tempo

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KEY

WU Warm up **WD** Warm down **MAIN** Main set **FC** Front crawl **PULL** Frontcrawl using a pull float **RI** Rest interval **BUILD** Swim each 25m slightly faster than the previous **K** Kick **NS** Negative split (swim the second half of a rep faster than the first) **REC** Recovery **DESC** Descending (swim each rep faster than the one before) **BI** Bilateral (breathe every third stroke) **BREAST** Breaststroke **BACK** Backstroke

STAY IN THE TRAINING ZONE WITH TRIATHLON PLUS

WEEK 03

WEEK 04

Mon	AM Swim 2,500m WU Z2: 300m FC, 200m K MAIN Z2: 4x200m as (150m FC, 50m K) (30secs RI), 600m PULL (60secs RI), 8x50m DESC (20secs RI) WD Z1: 200m FC PM Run 40mins in Z2	RECOVERY WEEK
Tue	Swim 2,000m steady state at approx Ironman race pace	Swim 1500m WU Z1: 500m FC MAIN Z2: 500m mixed strokes WD Z1: 500m FC
Wed	AM Swim 2,700m WU Z2: 300m FC, 200m K, 100m FC, 200m K MAIN Z2: 3x (200m PULL (30secs RI), 3x100m FC DESC 1-3 (15secs RI)), 300m FC WD Z1: 100m FC PM Run 1hour 30mins in Z2, including 4x5mins efforts at top of Z3	Swim 1500m steady state at approx Ironman race pace
Thur	Bike 1hour 45mins in Z2	Run 30mins WU 13mins in Z2 MAIN 2x3min at top of Z3 + 60secs rest WD 10mins in Z2
Fri	Rest day	
Sat	Brick 4hours Ride 3hours 45mins in Z2 (including 5x10min efforts at top of Z3), straight into Run 15mins in Z2	Brick 2hours Ride 1hour 40mins in Z2, straight into Run 20mins in Z2
Sun	Bike 2hours recovery ride in Z2, with optional café stop	Bike 1hour 30mins recovery ride in Z2

WEEK 05

WEEK 06

FOLD2

Mon

AM Swim 2,800m WU Z2: 2x200m FC, 4x50m K (15secs RI) **MAIN Z2:** 2x300m in Z2 (20secs RI), 4x25m BACK (15secs RI), 2x250m Kin Z3 (20secs RI), 4x25m BREAST (15sec RI), 2x200m in Z4 (15secs RI), 200m K. **WD Z1:** 200m FC **PM Run 40mins** in Z2

AM Swim 3,000m WU Z2: 6x75m FC (20secs RI) **MAIN Z2:** 2x200m (20secs RI), 1x100m in Z3, 2x300m (30secs RI), 1x100m in Z3, 2x400m (40secs RI), 1x100m in Z3. **WD Z1:** 6x75m (50m FC, 25m BACK) (20sec RI) **PM Run 40mins** in Z2

Tue

Swim 2,500m
steady state at approx Ironman race pace

Swim 2,500m
steady state at approx Ironman race pace

Wed

AM Swim 2,700m WU Z2: 4x300mas (100m FC, 100m K, 100m B) **MAIN Z2:** 8x50m BUILD. 3x (150m, 100m, 50m FC) with the following rests: [1st set (15secs, 10secs, 5secs), 2nd set (20secs, 15secs, 10secs), 3rd set (25secs, 20secs, 15secs)] **WD Z1:** 200m FC **PM Run 2hours** in Z2

AM Swim 2,500m WU Z2: 300m FC, 300m K **MAIN Z2:** 6x150m PULL (DESC 1-6) (20sec RI), 6x100m PULL (DESC 1-6) (15secs RI), 6x50m PULL (DESC 1-6) (10secs RI). **WD Z1:** 100m FC **PM Run 2hours** in Z2, including 4x5mins efforts at top of Z3

Thur

Bike 1hour 30mins in Z2

Bike 1hour 30mins in Z2

Fri

Rest day

Sat

Brick 4hours 30mins
Ride 4hours 15mins in Z2 (including 2x20min efforts at top of Z3), straight into Run 15mins in Z2

Brick 5hours
Ride 4hours 45mins in Z2 (including 2x20min efforts at top of Z3), straight into Run 15mins in Z2

Sun

Bike 2hours
recovery ride in Z2, with optional café stop

Bike 2hours
recovery ride in Z2, with optional café stop

FOLD1

WEEK 09

WEEK 10

Mon

AM Swim 2,900m. WU Z2: 300m FC, 200m K, 100m FC, 200m K **MAIN Z2:** 4x250mas (100m in Z3, 50min Z4, 100m in Z3 (30secs RI)) 4x150mas (50m Z3, 50m Z4, 50m Z3 (20secs RI)), 4x100mas (25m Z3, 50m Z4, 25m Z3 (15secs RI)) **WD Z1:** 100m FC **PM Run 40mins** in Z2

Swim 3,000m WU Z2: 400m FC, 300m PULL, 200m K **MAIN Z2:** 1x400m (20secs RI), 2x200 (15secs RI), 1x400m (20secs RI) 2x200m (15secs RI) **WD Z1:** 100m FC

Tue

Swim 3,800m
steady state at approx Ironman pace

Run 40mins in Z2

Wed

Run 1hour 45mins
in Z2, including 4x5mins efforts at top of Z3

Swim 2,100m
DESC 500s 1 to 4
WD Z1: 100m FC

Thur

Bike 1hour 30mins in Z2

Run 1hour
in Z2, including 4x3mins efforts at top of Z3

Fri

Rest day

Sat

Brick 4hours
Ride 3hours 45mins in Z2 (including 3x10min efforts at top of Z3), straight into Run 15mins in Z2

Brick 2hours 45mins. Ride 2hours 30mins in Z2 (including a 10min effort at top of Z3), straight into Run 15mins in Z2

Sun

AM Bike 2hours
recovery ride in Z2, with optional café stop
PM Swim open water
30mins in Z2

AM Bike 2hours
recovery ride in Z2, with optional café stop
PM Swim open water
30mins in Z2

WEEK 07

WEEK 08



Mon

AM Swim 3,100m WU Z2: 300m FC, 300m K (20secs RI) **MAIN Z2:** 4x150m (10secs RI), 200 K in Z4, 4x150m (15secs RI), 200m K in Z3, 4x150m (30secs RI), 200m K in Z2. **WD Z1:** 100m FC **PM Run 40mins** in Z2

RECOVERY WEEK

Swim 1500m
WU Z1: 500m FC **MAIN Z2:** 500m mixed strokes **WD Z1:** 500m FC

Tue

Swim 2,500m
steady state at approx Ironman race pace

Run 30mins in Z2

Wed

AM Swim 2,700m WU Z2: 300m FC, 200 K (20secs RI) **MAIN Z2:** 4x150m (10secs RI), 200 K in Z4, 4x150m (15secs RI), 200m K in Z3, 4x150m (30secs RI), 200m K in Z2. **WD Z1:** 100m FC **PM Run 2hours** in Z2, including 4x5mins efforts at top of Z3

Swim 1,600m
DESC 500s 1 to 3
WD Z1: 100m FC

Thur

Bike 1hour 30mins in Z2

Run 30mins
WU 13mins in Z2 **MAIN Z2:** 2x3min at top of Z3+60secs rest **WD 10mins** in Z2

Fri

Rest day

Sat

Brick 4hours 45mins
Ride 4hours 30mins in Z2 (including 5x10min efforts at top of Z3), straight into Run 15mins in Z2

Brick 2hours
Ride 1hours 40mins in Z2, straight into Run 20mins in Z2

Sun

Bike 2hours
recovery ride in Z2, with optional café stop

Bike 2hours
recovery ride in Z2, with optional café stop

WEEK 11

WEEK 12

Mon

Swim 2,300m WU Z2: 6x75m (20secs RI) **MAIN Z2:** 1x500m (20secs RI) 1x400m (20secs RI), 1x300m (20secs RI) 1x200m (15secs RI) **WD Z1:** 6x75m (50m FC, 25 BACK)

RACE WEEK

Swim 1500m
WU Z2: 500m FC **MAIN Z3:** 500m FC **WU Z1:** 500m mixed strokes (FC, BREAST, BACK)

Tue

Run 40mins in Z2

Rest day

Wed

Swim 1500m
DESC 500s 1 to 3

Ride 1hour in Z2

Thur

Run 40mins
in Z2 including 3x3mins efforts at top of Z3

Run 30mins in Z2

Fri

Rest day

Ride 20mins
in Z2 to check your bike over

Sat

Brick 1hour 45mins
Ride 1hour 30in Z2 (including a 10min effort at top of Z3), straight into Run 15mins in Z2

Swim 15 to 20mins
open water in Z2

Sun

AM Bike 1hour 30mins
recovery ride in Z2
PM Swim open water
30mins in Z2

RACE DAY