

Peak performance

CONQUER THE IRONMAN

TACKLE TRIATHLON'S TOUGHEST DISTANCE WITH THESE FULL-ON TRAINING PLANS

Meet the expert

Dr Martin Yelling

Coach Yelling is a former international duathlete and Hawaii Ironman finisher



BEFORE YOU undertake one of these two Ironman training plans, you need to ask yourself a few tough questions. Ironman is not for the faint-hearted and there's no such thing as shortcuts or blagging it. So are you ready to train for this one? These plans aren't suitable for complete beginners and you'll need at least a season of triathlon racing under your belt, which preferably included an Olympic distance race and an Ironman 70.3-distance race.

There are two 12-week training plans here. One to get you round, and one for those who want to race faster. The only real difference between the two plans is the time that they take. So the 'get round' plan will take around 12 hours per week and the 'get faster' plan will take 14 or 15 hours per week.

It's a lot of time to dedicate to training, so you may need to warn your family and friends first. The long bike rides are at the weekends, which suits most people best. The long runs are on Wednesdays. If possible, it's a

good idea to book a few half days off work to help you complete them.

Feel free to swap the sessions around within a given week, but try not to have two key sessions back to back. The key ones are clearly marked for you. Always think about training, resting and nutrition as connected elements of your plan.

It's a good idea if you can fit in a race (Olympic or half-Ironman) four to six weeks before your Ironman race date just to remind you what it feels like, and practise your routines. Have an easier week leading into this and adapt the plan so you can take a few days' recovery post-race.

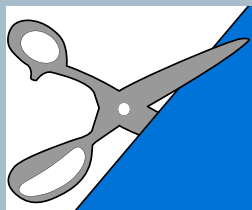
The best way to approach these training plans is with eight weeks of base training under your belt. That is, eight weeks of consistent low-intensity training, with weekend bike rides of up to 60 miles and weekend runs of up to 15 miles, without too much high intensity. This forms the foundation for you embarking on the plans we've put together.

Are you ready to train?

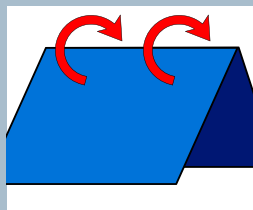
- 1 Can you already ride at least 70 miles?
- 2 Can you run at least 16 miles?
- 3 Can you swim at least 2.5km?
- 4 Have you done at least a season of triathlon racing?

How it works

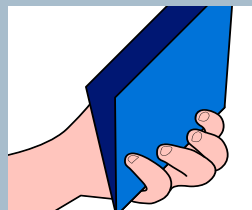
Get your guide ready to go



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

Photos Corbis Illustrations Phil Nicodemri





Get round

IRONMAN PLAN

THE PERFECT PLAN IF GETTING ROUND IS YOUR GOAL

FOLD1

TRAINING NOTES

FOLD2

Scissors icon in top right corner.

10 horizontal lines for writing training notes.

PLANKEY Most training for your Ironman needs to be done at a low and controlled intensity. It's about stamina and endurance. **Easy** = controlled, manageable, 50% effort level. **Steady** = controlled but concentrating, 60% effort level. **Tempo** = picking up the pace, 70%. **Ironman race pace** = will likely fall between easy and steady.

	WEEK 01	WEEK 02
Mon	Rest day OPTIONAL Type Swim Time 30 mins Instructions Swim 30 mins easy – recovery	Rest day OPTIONAL Type Swim Time 30 mins Instructions Swim 30 mins easy – recovery
Tue	AM Type Turbo Time 55 mins Instructions 10 mins easy, 3x10 mins tempo, with 90sec rest, 10 mins easy PM Type Swim Time 1 hour steady	AM Type Turbo Time 55 mins Instructions 10 mins easy, 2x15 mins tempo, with 90sec rests, 10 mins easy PM Type Swim Time 1 hour steady
Wed	KEY Type Run Time 1hr 30 Instructions Long run at steady pace	KEY Type Run Time 1hr 40 Instructions Long run at steady pace
Thur	KEY Type Swim Time 1hr 10 Instructions Swim at steady pace	KEY Type Swim Time 1hr 20 Instructions Swim at steady pace
Fri	Type Run Time 50 mins Instructions Run 50 mins as 15 mins easy, 20 mins tempo, 15 mins steady	Type Run Time 60 mins Instructions Run 60 mins as 20 mins easy, 20 mins tempo, 20 mins steady
Sat	KEY Type Bike/Run Time 4hrs 15 Instructions Bike 4 hours steady INTO 15 mins easy run	KEY Type Bike/Run Time 5hrs Instructions Bike 4.5 hours steady INTO 30 mins easy run
Sun	Type Bike Time 2hrs Instructions 2 hours easy ride	Type Bike Time 2hrs Instructions 2 hours easy ride

	WEEK 03	WEEK 04
Mon	Type Swim Time 30 mins Instructions Swim 30 mins easy – recovery	Rest day
Tue	AM Type Turbo/Swim Time 45 mins Instructions 10 mins easy, 25 mins tempo, 10 mins easy PM Type Swim Time 1 hour steady	Type Swim Time 1hr Instructions 1 hour steady swim
Wed	KEY Type Run Time 1hr 50 Instructions Long run at steady pace	KEY Type Run Time 1hr Instructions Run at steady pace
Thur	KEY Type Swim Time 1hr 30 Instructions Swim at steady pace	KEY Type Swim Time 1hr 15 Instructions Swim at steady pace
Fri	Type Run Time 55 mins Instructions Run 55 mins as 20 mins easy, 20 mins tempo, 15 mins steady	Rest day
Sat	KEY Type Bike/Run Time 5hrs 25 Instructions Bike 4.45 hours steady INTO 40 mins easy run	KEY Type Bike/Run Time 3hrs 20 Instructions Bike 3 hours steady INTO 20 mins steady run
Sun	Type Bike Time 2hrs Instructions 2 hours easy ride	Type Bike Time 2hrs Instructions 2 hours easy ride

TRAININGZONE

GET ROUND

	WEEK 05	WEEK 06	WEEK 07	WEEK 08
Mon	Type Swim Time 30 mins Instructions Swim 30 mins easy. Recovery	Type Swim Time 30 mins Instructions Swim 30 mins easy. Recovery	Type Swim Time 30 mins Instructions Swim 30 mins easy. Recovery	Rest day
Tue	AM Type Turbo Time 55mins Instructions 10mins easy, 5x6mins tempo, with 30sec rests, 10mins easy PM Type Swim Time 1 hour steady	AM Type Turbo Time 55mins Instructions 10mins easy, 3x10mins tempo, with 1min rests, 10mins easy PM Type Swim Time 1hr Instructions 1 hour steady swim	AM Type Turbo Time 55mins Instructions 10mins easy, 2x15mins tempo, with 1min rests, 10mins easy PM Type Swim Time 1hr Instructions Steady 1 hours swim	AM Type Swim Time 1hr Instructions Swim 1 hour steady
Wed	KEY Type Run Distance 16 miles Instructions Run 16 miles at steady pace	KEY Type Run Distance 18 miles Instructions Long run 18 miles at steady pace	KEY Type Run Distance 20 miles Instructions Long run 20 miles at steady pace	KEY Type Run Time 1hr Instructions Run 1 hour at steady pace
Thur	KEY Type Swim Distance 3.4km Instructions Swim 3.4km	KEY Type Swim Distance 3.6km Instructions Swim 3.6km	KEY Type Swim Distance 4km Instructions Swim 4km	KEY Type Swim Time 1hr 15 Instructions 1 hour 15 swim at steady pace
Fri	Type Run Time 1hr Instructions 1 hour steady run	Type Run Time 1hr Instructions 1hr steady run	Type Run Time 40mins Instructions Run 40mins steady	Type Run Time 60mins Instructions Run 60mins as 20mins easy, 20mins tempo, 20mins steady
Sat	KEY Type Bike/Run Distance 103 miles Instructions Ride 100 miles easy INTO 3 mile steady run	KEY Type Bike/Run Distance 84 miles Instructions Bike 80 miles steady INTO 4 mile steady run	KEY Type Bike/Run Distance 104 miles Instructions Bike 100 miles steady INTO 4 mile steady run	KEY Type Bike/Run Distance 99 miles Instructions Bike 90 miles steady INTO 9 mile easy run
Sun	Type Bike Time 2hrs Instructions 2 hours easy ride	Type Bike Time 2hrs Instructions 2 hours easy ride	Type Bike Time 2hrs Instructions 2 hours easy ride	Rest day

	WEEK 09	WEEK 10	WEEK 11	WEEK 12
Mon	Type Swim Time 30mins Instructions Swim 30mins easy	Type Swim Time 30mins Instructions Swim 30mins easy. Recovery	Type Run Time 40mins Instructions Run 40mins	Rest day
Tue	AM Type Turbo Time 45mins Instructions 10mins easy, 4x5mins at tempo, with 1min rests, 10mins easy PM Type Swim Time 1hr Instructions 1 hour steady swim	AM Type Turbo Time 40mins Instructions 10mins easy, 3x5mins tempo, with 1min rests, 10mins easy PM Type Swim Time 1hr Instructions 1 hour steady swim	AM Type Turbo Time 35mins Instructions 10mins easy, 10mins tempo, with 1min rests, 10mins easy. PM Type Swim Time 1hr Instructions Steady 1 hours swim	AM Type Swim Time 30mins Instructions Swim steady for 30mins
Wed	KEY Type Run Time 1hr 30 Instructions Long run 1 hour 30 at steady pace	KEY Type Run Time 1hr 10 Instructions Long run 1 hour 10 at steady pace	KEY Type Run Distance 30mins Instructions Run 30mins at steady pace	KEY Type Run Time 20mins Instructions Run 20mins easy/steady
Thur	KEY Type Swim Time 1hr 10 Instructions Swim 1 hour 10, steady	KEY Type Swim Time 1hr 10 Instructions Swim 1 hour 10, steady	KEY Type Swim Time 1hr Instructions Swim at steady pace	KEY Type Swim Time 1hr 15 Instructions Swim at steady pace
Fri	Type Run Time 1hr Instructions 1 hour steady run	Type Run Time 40mins Instructions Steady run for 40mins	Rest day	Type Swim Time 20mins Instructions Swim open water, 20mins easy
Sat	KEY Type Brick Distance 94 miles Instructions Bike 90 miles steady INTO 4 mile steady run	KEY Type Brick Time 4hrs Instructions Bike 3 hours 30 steady INTO 30mins steady run	Type Bike Time 2hr Instructions Easy ride 2 hours	Rest day
Sun	Type Bike Time 2hrs Instructions 2 hours easy ride	Type Bike Time 2hrs Instructions 2 hours easy ride	Type Bike Time 2hr Instructions Easy ride 2 hours	RACE DAY!



Triathlon PLUS
YOUR
12-WEEK
PLAN

Get faster

IRONMAN PLAN

THE IDEAL PLAN IF YOU WANT TO RACE HARD

TRAINING NOTES

FOLD2

Scissors icon at top right of notes section.

Blank lined area for writing training notes.

PLANKEY Most training for your Ironman needs to be done at a low and controlled intensity. It's about stamina and endurance. **Easy** = controlled, manageable, 50% effort level. **Steady** = controlled but concentrating, 60% effort level. **Tempo** = picking up the pace, 70%. Ironman race pace will likely fall between easy to steady.

FOLD1

	WEEK 01	WEEK 02
Mon	Rest day	Rest day
Tue	AM Type Turbo Time 1 hour 5 Instructions 10mins easy, 4x10mins tempo, with 90sec rests, 10mins easy PM Type Swim Time 1hr steady	AM Type Turbo Time 1 hour 25 Instructions 10mins easy, 3x20mins tempo, with 90sec rests, 10mins easy PM Type Swim Time 1hr steady
Wed	KEY Type Run Time 1hr 45 Instructions Long run 1 hour 45 at steady pace	KEY Type Run Time 2hrs Instructions 2hour run at steady pace
Thur	KEY Type Swim Time 1hr 10 Instructions Swim at steady pace	KEY Type Swim Time 1hr 20 Instructions 1 hour 20 swim at steady pace
Fri	Type Run Time 50mins Instructions 50mins, as 15mins easy, 20mins tempo, 15mins steady	Type Run Time 1 hour Instructions Run 1 hour at 20mins easy, 20mins tempo, 20mins steady
Sat	KEY Type Brick Time 4hrs 45 Instructions Bike 4 hours 30 steady INTO 15mins steady run	KEY Type Brick Time 5 hours 20 Instructions Bike 5 hours steady INTO 20min steady run
Sun	AM Type Bike Time 2hrs Instructions 2 hours easy ride PM Type Open water swim Time 50mins Instructions 5 mins easy, 40 mins as 4 x 10 mins at IM race pace, 5 mins easy	AM Type Bike Time 2hrs Instructions 2 hours easy ride PM Type Open water swim Time 1hr Instructions 10mins easy, 40mins as 2x20mins at IM race pace, 10mins easy

	WEEK 03	WEEK 04
Mon	Rest day	Rest day
Tue	AM Type Turbo Time 1hr 10 Instructions 10mins easy, 50mins tempo, 10mins easy PM Type Swim Time 1hr steady	Type Swim Time 1hr Instructions 1 hour steady swim
Wed	KEY Type Run Time 2hrs 20 Instructions Long run 2 hours 20 at steady pace	KEY Type Run Time 1hr Instructions 1 hour run at steady pace
Thur	KEY Type Swim Time 1hr 30 Instructions Swim at steady pace	KEY Type Swim Time 1hr 15 Instructions 1 hour 15 steady swim
Fri	Type Run Time 1 hour Instructions 1 hour, as 20mins easy, 20mins tempo, 20mins steady	Rest day
Sat	KEY Type Brick Time 5hrs 50 Instructions Bike 5 hours 30 steady INTO 20mins easy run	KEY Type Bike/Run Time 3hrs 20 Instructions Bike 3 hours steady INTO 20mins steady run
Sun	AM Type Bike Time 2hrs Instructions 2 hours easy ride PM Type Open water swim Time 1hr Instructions 10mins easy, 40mins at IM race pace, 10mins easy	Type Bike Time 2hrs Instructions Bike 2 hours easy

TRAININGZONE

GET FASTER

	WEEK 05	WEEK 06	WEEK 07	WEEK 08
Mon	Rest day	Rest day	Rest day	Rest day
Tue	AM Type Turbo Time 2 hours Instructions 15mins easy, 5x6mins tempo, with 30sec rests, 15mins easy PM Type Swim Time 1hr steady	AM Type Turbo Time 1 hour Instructions 10mins easy, 4x10mins tempo, with 1min rests, 10mins easy PM Type Swim Time 1 hour steady	AM Type Turbo Time 1 hour 10 Instructions 10mins easy, 3x15mins tempo, with 1min rests, 10mins easy PM Type Swim Time 1hr steady	Type Swim Time 1 hour Instructions 1 hour steady swim
Wed	KEY Type Run Distance 18 miles Instructions Long run 18 miles at steady pace	KEY Type Run Distance 20 miles Instructions Long run 20 miles at easy pace	KEY Type Run Distance 18 miles Instructions Run 18 miles at easy pace	KEY Type Run Time 1 hour Instructions Run at steady pace
Thur	KEY Type Swim Distance 3.4km Instructions Swim at steady pace	KEY Type Swim Distance 3.6km Instructions Swim at steady pace	KEY Type Swim Distance 4km Instructions Swim 4km	KEY Type Swim Time 1 hour 15 Instructions 1 hour 15 steady swim
Fri	Type Run Time 1 hour Instructions 1 hour steady run	Type Run Time 1 hour Instructions Run 1 hour steady	Type Run Time 1 hour Instructions Run 1 hour easy	Rest day
Sat	KEY Type Brick Distance 106 miles Instructions Bike 100 miles steady INTO 6 mile steady run	KEY Type Brick Distance 96 miles Instructions Bike 90 miles (3x30 miles-steady-fast-steady) INTO 6 mile easy run	KEY Type Brick Distance 118 miles Instructions Ride 115 miles steady INTO 3 mile steady run	KEY Type Brick Distance 110 miles Instructions 100 miles steady INTO 10 mile easy run
Sun	AM Type Bike Time 2 hours Instructions 2 hours easy ride KEY PM Type Open-water swim Time 1hr Instructions 5mins easy, 50mins as 5x10mins at IM race pace, 5mins easy	AM Type Bike Time 3 hours Instructions 3 hour easy ride KEY PM Type Open-water swim Time 1 hour Instructions 10mins easy, 40mins as 2x20mins at IM race pace, 10mins easy	AM Type Bike Time 2 hours Instructions 2 hours easy ride PM Type Open-water swim Time 1 hour 10 Instructions 10mins easy, 50mins at IM race pace, 10mins easy	Type Bike Time 2 hours Instructions Ride 2 hours easy

	WEEK 09	WEEK 10	WEEK 11	WEEK 12
Mon	Rest day	Rest day	KEY Type Run Time 40mins Instructions Run 40mins steady	Rest day
Tue	AM Type Turbo Time 45mins Instructions 10mins easy, 4x5mins tempo, with 1min rests, 10mins easy PM Type Swim Time 1 hour steady	AM Type Turbo Time 40mins Instructions 10mins easy, 3x5mins tempo, with 1min rests, 10mins easy PM Type Swim Time 1 hour steady	AM Type Turbo Time 35mins Instructions 10mins easy, 10mins tempo, with 1min rests, 10mins easy PM Type Swim Time 1hr steady	Type Swim Time 30mins Instructions Swim 30mins easy
Wed	KEY Type Run Distance 18 miles Instructions Long run 18 miles at steady pace	KEY Type Run Time 1 hour 10 Instructions Long run 1 hour 10 at steady pace	KEY Type Run Time 30mins Instructions Run 30mins at steady pace	KEY Type Run Time 20mins Instructions Run 20mins easy
Thur	KEY Type Swim Time 1 hour Instructions Swim 1 hour steady	KEY Type Swim Time 1 hour Instructions 1 hour swim at steady pace	KEY Type Swim Time 1 hour Instructions Swim 1 hour steady	KEY Type Bike Time 20mins Instructions Ride 20mins easy
Fri	Type Run Time 1 hour Instructions 1 hour steady run	Type Run Time 40mins Instructions Run 40mins steady	Rest day	KEY Type Swim Time 20mins Instructions Open-water swim, 20mins easy
Sat	KEY Type Bike Distance 100 miles PLUS Time 30mins Instructions Bike 100m steady INTO 30mins easy run	KEY Type Brick Time 4 hours Instructions Bike 3.5 hours steady INTO 30mins steady run	Type Ride Time 2 hours Instructions Ride 2 hours easy	Rest day
Sun	AM Type Bike Time 3hrs Instructions 3 hours easy ride KEY PM Type Open-water swim Time 1 hour 20 Instructions 10mins easy, 1 hour at IM race pace, 10mins easy	AM Type Bike Time 2.5hrs Instructions 2.5 hours easy ride KEY PM Type Open-water swim Time 40mins Instructions 40mins steady	Type Bike Time 1 hour Instructions Ride 1 hour easy	RACE DAY!