The 10-Hour Week Ironman Training Plan

Your Coach

Coach Lance Watson has trained a number of Ironman, Olympic, and age-group champions over the past 30 years. Lance specializes in coaching time-limited athletes of all abilities with busy life schedules who want to maximize their personal potential.

The Plan

The goal here is to have a time-efficient, effective training plan that guides you through your final seven weeks of Ironman training. It is capped at 10 hours and four days per week. This schedule is targeted at the athlete looking for an 11–14-hour finishing time—ideally with experience racing a half-Ironman.

Note: Because your race is only seven weeks away, you should be confident swimming more than 2000 meters. You should have completed two or three 90-plus minute runs and two or three 3.5- to 4.5-hour nonstop rides in the few weeks prior.

Key

Wu = warm-up
mS = main set
CD = cool-down
HR = heart rate
Alt = alternate
Pe = perceived exertion
P-ups = pick-ups: short accelerations at 75-85% of your maximum sprint speed
Zn = zone (heart rate or perceived effort), i.e. Zn 1 = Zone 1 | (brackets) = time indication for rest in between intervals or tasks, i.e. 4 x 3′ (2′)
RPm = cadence (repetitions per minute)
### WEEK 1
**Total Hours: 10:00**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SWIM:</strong></td>
<td><strong>BIKE:</strong></td>
<td><strong>DAY OFF (Stretch)</strong></td>
<td><strong>BIKE:</strong></td>
<td><strong>DAY OFF (Stretch)</strong></td>
<td><strong>BIKE:</strong></td>
<td><strong>DAY OFF (Stretch)</strong></td>
</tr>
<tr>
<td>Strength and endurance, 45 mins. mS: 3×12’ (3’): #1 is freestyle, starting easy and building effort. #2–3 are with pull buoy at a strong, steady effort. Option to use swim paddles.</td>
<td>Threshold (LT), 1 hour. Bike trainer or flat road. WU: 15’ with 4-5 x 30” P-ups. MS: 45’ building as 15’ Zn 3, 25’ Zn 4, 5’ Zn 5.</td>
<td><strong>DAY OFF (Stretch)</strong></td>
<td>Threshold (LT), 45 mins. Wu: 300 alt 50 freestyle, 25 drill. MS: 10-15 x 100 (15”) swim your best average pace for the set. CD: 100 freestyle, 100 non-freestyle.</td>
<td><strong>DAY OFF (Stretch)</strong></td>
<td><strong>BIKE:</strong> Endurance, 5 hours, 15 mins. After a long warm-up, include in your ride 60’- 45’-30’-15’ in Zn 3 (all w/15’ Zn 1-2). If possible, choose a terrain that simulates your Ironman. Note: This workout can also be done on Sunday.</td>
<td><strong>DAY OFF (Stretch)</strong></td>
</tr>
<tr>
<td><strong>RUN:</strong> Off the bike, 30 mins. MS: 20’ in Zn 3. CD: 10’ easy, Zn 1.</td>
<td><strong>RUN:</strong>: Off the bike, 30 mins. MS: 20’ in Zn 3. CD: 10’ easy, Zn 1.</td>
<td><strong>RUN:</strong>: Off the bike, 30 mins. MS: 20’ in Zn 3. CD: 10’ easy, Zn 1.</td>
<td><strong>RUN:</strong>: Hills, 1 hour. Treadmill or road. WU: 10’ easy. 4 strides. MS: 7-10 x 2’ Zn 3 at 5% grade (2.5-3.5’) jog downhill or jog easy on the treadmill. Repeat the same hill for each interval if training outdoors. CD: to 60’ in Zn 1.</td>
<td><strong>RUN:</strong>: Off the bike, 45 mins. Zn 2, Ironman race pace.</td>
<td><strong>RUN:</strong>: Off the bike, 45 mins. Zn 2, Ironman race pace.</td>
<td><strong>RUN:</strong>: Off the bike, 45 mins. Zn 2, Ironman race pace.</td>
</tr>
</tbody>
</table>

---

### WEEK 2
**Total Hours: 10:00**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SWIM:</strong></td>
<td><strong>BIKE:</strong></td>
<td><strong>DAY OFF (Stretch)</strong></td>
<td><strong>BIKE:</strong></td>
<td><strong>DAY OFF (Stretch)</strong></td>
<td><strong>BIKE:</strong></td>
<td><strong>DAY OFF (Stretch)</strong></td>
</tr>
<tr>
<td>Strength and endurance, 45 mins. mS: 3×14’ (1’): #1 is freestyle, starting easy and building effort. #2–3 are with pull buoy at a strong, steady effort. Option to use swim paddles.</td>
<td>Threshold (LT), 1 hour. Bike trainer or flat road. WU: 15’ with 4-5 x 30” P-ups. MS: 3 x 10’ (5’) build all on Zn 4-5. after interval #3, run off the bike.</td>
<td><strong>DAY OFF (Stretch)</strong></td>
<td><strong>BIKE:</strong> Hills, 1 hour, 10 mins. Wu: 20’ incl. 6×30” (30’) P-ups. MS: hill intervals: 5-7 x 3’ (3’ recovery down the hill), Zn 4-5. On a moderate graded hill at 5-8%, repeat the same stretch of hill for each interval. CD: to 70’ in Zn 1, then run off the bike.</td>
<td><strong>DAY OFF (Stretch)</strong></td>
<td><strong>RUN:</strong> Endurance, 2 hours. If possible, choose a terrain that simulates your race. 15’ Zn 1, 60’ Zn 2, 30’ Zn 3, 15’ Zn 2-1.</td>
<td><strong>DAY OFF (Stretch)</strong></td>
</tr>
<tr>
<td><strong>RUN:</strong> Off the bike, 30 mins. MS: 20’ in Zn 3. CD: 10’ easy, Zn 1.</td>
<td><strong>RUN:</strong> Off the bike, 30 mins. MS: 20’ in Zn 3. CD: 10’ easy, Zn 1.</td>
<td><strong>RUN:</strong> Off the bike, 30 mins. MS: 20’ in Zn 3. CD: 10’ easy, Zn 1.</td>
<td><strong>RUN:</strong>: Off the bike, 45 mins. Zn 2, Ironman race pace.</td>
<td><strong>RUN:</strong>: Off the bike, 45 mins. Zn 2, Ironman race pace.</td>
<td><strong>RUN:</strong>: Off the bike, 45 mins. Zn 2, Ironman race pace.</td>
<td><strong>RUN:</strong>: Off the bike, 45 mins. Zn 2, Ironman race pace.</td>
</tr>
</tbody>
</table>

**PERFORMANCE POINTER:** Biking immediately following your run creates an additional base ride as well as a 5.5-hour endurance session, great for Ironman.
**WEEK 3** Total Hours: 10:00

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SWIM</strong>: Strength and endurance, 45 mins. MS: 4×10’ (1.5’): #1 is freestyle, starting easy and building effort. #2–4 are with pull buoy at a strong, steady effort. Option to use swim paddles.</td>
<td><strong>BIKE</strong>: Recovery, 1.5 hours. Flat, Zn 1. easy effort, 85–95 RPM.</td>
<td><strong>DAY OFF</strong> (Stretch)</td>
<td><strong>RUN</strong>: Aerobic base maintenance, 1 hour. 15’ Zn 1, 45’ Zn 2. <strong>SWIM</strong>: Threshold, 45 mins. Wu: 300 alt 50 freestyle, 25 drill. MS: 8-12 x 150 (25&quot;) swim your best average pace for the set. CD: 100 freestyle, 100 non-freestyle.</td>
<td><strong>DAY OFF</strong> (Stretch)</td>
<td><strong>BIKE</strong>: 4.5 hours. ride as 75’ Zn 1, 90’ Zn 2, 90’ Zn 3, 15’ Zn 1. If possible, choose a terrain that simulates your race course.</td>
<td><strong>DAY OFF</strong> (Stretch)</td>
</tr>
<tr>
<td><strong>BIKE</strong>: Threshold, 1 hour. Bike trainer or flat road. Wu: 15’ with 4-5 x 30” p-ups. MS: 45’ in Zn 4-5.</td>
<td><strong>RUN</strong>: Off the bike, 30 mins. MS: 20’ in Zn 3 rise to Zn 4. CD: 10’ easy, Zn 1.</td>
<td><strong>DAY OFF</strong>: Stretch</td>
<td><strong>DAY OFF</strong> (Stretch)</td>
<td><strong>DAY OFF</strong> (Stretch)</td>
<td><strong>RUN</strong>: Off the bike, 1.5 hours. Zn 2, Ironman race pace.</td>
<td></td>
</tr>
</tbody>
</table>

**WEEK 4** Total Hours: 10:00

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SWIM</strong>: Strength and endurance, 45 mins. WU: 3’ of easy freestyle. mS: 2×20’ (2’): #1 is freestyle, starting easy and building effort. #2 is with pull buoy at a strong, steady effort. Option to use swim paddles.</td>
<td><strong>BIKE</strong>: Threshold, 1 hour. Bike trainer or flat road. Wu: 15’ with 4-5 x 30” p-ups. MS: 45’ in Zn 4-5.</td>
<td><strong>DAY OFF</strong>: Stretch</td>
<td><strong>SWIM</strong>: Threshold, 40 mins. Wu: 300 alt 50 freestyle, 25 drill. MS: 8-12 x 100 (25&quot;) swim your best average pace for the set. CD: 100 freestyle, 100 non-freestyle. <strong>RUN</strong>: Hills, 50 mins. Wu: 10’ easy. 4 strides. MS: 15×1’ Zn 4 at 5% grade (1’ jog downhill or easy on the treadmill). CD: to 50’ in Zn 1.</td>
<td><strong>DAY OFF</strong>: Stretch</td>
<td><strong>BIKE</strong>: 6 hours. After a long warm-up, include in your ride 4×45’ in Zn 3 (all w/15’ Zn 1-2). If possible, choose a terrain that simulates your race course.</td>
<td><strong>DAY OFF</strong>: Stretch</td>
</tr>
<tr>
<td><strong>RUN</strong>: Off the bike, 30 mins. MS: 20’ in Zn 3 rise to Zn 4. CD: 10’ easy, Zn 1.</td>
<td><strong>RUN</strong>: Off the bike, 30 mins. MS: 20’ in Zn 3 rise to Zn 4. CD: 10’ easy, Zn 1.</td>
<td><strong>DAY OFF</strong>: Stretch</td>
<td><strong>DAY OFF</strong> (Stretch)</td>
<td><strong>DAY OFF</strong> (Stretch)</td>
<td><strong>RUN</strong>: Off the bike, 15 mins. Zn 2, Ironman race pace.</td>
<td><strong>DAY OFF</strong>: Stretch</td>
</tr>
</tbody>
</table>
**WEEK 5** Total Hours: 10:00

**MONDAY**
- **SWIM**: Strength and endurance, 45 mins. MS: 45’. The first 5’ should be smooth and easy, then gradually build effort for the duration. The last 15’ should be a very strong effort. Use a pull buoy (no paddles) at a strong, steady effort.

**TUESDAY**
- **BIKE**: Threshold, 1 hour. Bike trainer or flat road. WU: 15’ with 4-5 x 30” p-ups. MS: 6 x 5’ (2.5’) all at Zn 4-5. After interval #3, run off the bike.
- **RUN**: Threshold, 30 mins. MS: 20’ in Zn 4. CD: 10’ easy, Zn 1.

**WEDNESDAY**
- **DAY OFF** (Stretch)

**THURSDAY**
- **BIKE**: Hills, 1 hour, 10 mins. Wu: 20’ incl. 6 x 30” (30’) p-ups. MS: hill intervals: 8-10 x 2’ (2’ recover down the hill), Zn 4-5. On a moderate graded hill at 5-8%, repeat the same stretch of hill for each interval. CD: to 70’, then run off the bike.
- **RUN**: Off the bike, 20 mins. Zn 2.
- **SWIM**: Threshold, 45 mins. WU: 300 alt 50 freestyle, 25 drill. MS: 4-6 x 200 (35”) swim your best average pace for the set. CD: to 100, then run off the bike.

**FRIDAY**
- **DAY OFF** (Stretch)

**SATURDAY**
- **RUN**: Long run, 2.5 hours. Run on terrain that simulates your race course. 15’ Zn 1, 75’ Zn 2, 45’ Zn 3, 15’ Zn 2-1.
- **BIKE**: 3 hours. Ride immediately following the run. Zn 1-2, flat to rolling terrain.

**SUNDAY**
- **DAY OFF** (Stretch)

---

**WEEK 6** Total Hours: 6:00

**MONDAY**
- **SWIM**: Recovery, 45 mins. 12-16 x 100 alternate freestyle, drill, non-freestyle and kick by 100. All easy effort.

**TUESDAY**
- **BIKE**: Recovery ride, 1.5 hours. Flat, Zn 1. Easy effort.

**WEDNESDAY**
- **DAY OFF** (Stretch)

**THURSDAY**
- **BIKE**: Hills, 50 mins. Wu: 20’ incl. 6 x 30” (30’) p-ups. MS: Hill intervals: 4-5 x 2’ (2’ recover down the hill), Zn 3-4. On a moderate graded hill at 5-8%, repeat the same stretch of hill for each interval. CD: to 50’.
- **RUN**: Off the bike, 15 mins. 10’ in Zn 4, 5’ in Zn 2-1. Flat terrain.

**FRIDAY**
- **DAY OFF** (Stretch)

**SATURDAY**
- **BIKE**: Aerobic base maintenance, 2 hours. Ride as 45’ Zn 1, 15’ Zn 2. If possible, choose a terrain that simulates your race course. Run: off the bike, 40 mins. Zn 2, Ironman race pace.

**SUNDAY**
- **DAY OFF** (Stretch)
WEEK 7 Total Hours: 3:00

MONDAY

SWIM: Threshold maintenance, 30 mins. WU: 300 alt 50 freestyle, 25 drill. MS: 6-8 x 100 (25") swim your best average pace for the set. CD: 100 freestyle, 100 non-freestyle.

TUESDAY

BIKE: Recovery, 45 mins. Flat, Zn 1. Easy effort.

WEDNESDAY

BIKE: Threshold (LT) maintenance, 45 mins. WU: 20’ incl. 6x30” (30”) p-ups. MS: intervals: 3-4 x 2’ (2’), Zn 3-4. Flat. CD: to 45’.

RUN: Threshold (LT) maintenance, 20 mins. 10’ Zn 1-2, 5’ Zn 3-4, 5’ Zn 2-1. Flat terrain.

THURSDAY

BIKE: Threshold (LT) maintenance, 45 mins. WU: 20’ incl. 6x30” (30”) p-ups. MS: intervals: 3-4 x 2’ (2’), Zn 3-4. Flat. CD: to 45’.

FRIDAY

BIKE: Recovery, 45 mins. An easy swim on the race course with an efficient stroke. Focus on being relaxed.

RUN: 20 mins. Mostly Zn 1-2, but include 2x2’ (2’) to goal race pace and no faster! This will loosen up your legs.

SATURDAY

SWIM: 10 mins. An easy swim on the race course with an efficient stroke. Focus on being relaxed.

RUN: 10 mins. Optional warm-up jog (Zn 1) and light stretch.

SUNDAY

RACE: You’ve completed your Ironman training plan and now it’s Ironman Race Day! WU: 45’ prior to race start: Jog for 5-7’, followed by a light stretch. 20’ prior to race start: Swim for 5’ with 2-4 x 25 (or 20 strokes) p-ups.