

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

MONDAY

SWIM: 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.

TUESDAY

BIKE: 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.

RUN: Off the bike, 30 mins. MS: 20' in Zn 3. CD: 10' easy, Zn 1.

WEDNESDAY

DAY OFF (Stretch)

DAY OFF

THURSDAY

SWIM: 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.

RUN: 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.

FRIDAY

DAY OFF (Stretch)

DAY OFF

SATURDAY

BIKE: 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.

RUN: Off the bike, 45 mins. Zn 2, Ironman race pace.

SUNDAY

DAY OFF (Stretch)

DAY OFF

WEEK 2 Total Hours: 10:00

MONDAY

SWIM: 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.

TUESDAY

BIKE: 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.

RUN: Off the bike, 30 mins. MS: 20' in Zn 3. CD: 10' easy, Zn 1.

WEDNESDAY

DAY OFF (Stretch)

DAY OFF

THURSDAY

BIKE: 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.

FRIDAY

DAY OFF (Stretch)

DAY OFF

SATURDAY

RUN: 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.

BIKE: 3.5 hours. Ride immediately following the run. Zn 1-2, flat to rolling terrain.

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

SUNDAY

DAY OFF (Stretch)

DAY OFF

WEEK 3 Total Hours: 10:00

MONDAY

SWIM: Strength and endurance, 45 mins. MS: 4x10' (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.

TUESDAY

BIKE: Recovery, 1.5 hours. Flat, Zn 1. easy effort, 85-95RPM.

WEDNESDAY

DAY OFF (Stretch)

DAY OFF

THURSDAY

RUN: Aerobic base maintenance, 1 hour. 15' Zn 1, 45' Zn 2.

SWIM: Threshold, 45 mins. Wu: 300 alt 50 freestyle, 25 drill. MS: 8-12 x 150 (25") swim your best average pace for the set. CD: 100 freestyle, 100 non-freestyle.

FRIDAY

DAY OFF (Stretch)

DAY OFF

SATURDAY

BIKE: 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.

RUN: Off the bike, 1.5 hours. Zn 2, ironman race pace.

SUNDAY

DAY OFF (Stretch)

DAY OFF

WEEK 4 Total Hours: 10:00

MONDAY

SWIM: Strength and endurance, 45 mins. WU: 3' of easy freestyle. mS: 2x20' (2'): #1 is freestyle, starting easy and building effort. #2 is with pull buoy at a strong, steady effort. Option to use swim paddles.

TUESDAY

BIKE: Threshold, 1 hour. Bike trainer or flat road. WU: 15' with 4-5 x 30" p-ups. mS: 45' in Zn 4-5.

RUN: Off the bike, 30 mins. mS: 20' in Zn3 rise to Zn4. CD: 10'easy, Zn1.

WEDNESDAY

DAY OFF: Stretch

DAY OFF

THURSDAY

SWIM: Threshold, 40 mins. WU: 300 alt 50 freestyle, 25 drill. MS: 8-12 x 100 (25") swim your best average pace for the set. CD: 100 freestyle, 100 non-freestyle.

RUN: Hills, 50 mins. Wu: 10' easy. 4 strides. MS: 15x1' Zn 4 at 5% grade (1' jog downhill or easy on the treadmill). CD: to 50' in Zn 1.

FRIDAY

DAY OFF: Stretch

DAY OFF

SATURDAY

BIKE: 6 hours. After a long warm-up, include in your ride 4x45' in Zn 3 (all w/15' Zn 1-2). If possible, choose a terrain that simulates your race course.

RUN: Off the bike, 15 mins. Zn 2, Ironman race pace..

SUNDAY

DAY OFF: Stretch

DAY OFF

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: 6x5' (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)

DAY OFF

THURSDAY

BIKE: Hills, 1 hour, 10 mins. WU: 20' incl. 6x30" (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: 100 freestyle, 100 non-freestyle.

FRIDAY

DAY OFF (Stretch)

DAY OFF

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)

DAY OFF

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)

DAY OFF

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)

DAY OFF

SATURDAY

BIKE: Aerobic base maintenance, 2 hours. Ride as 45' Zn 1, 75' 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)

DAY OFF

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

DAY OFF (Stretch)

DAY OFF

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'.

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

FRIDAY

DAY OFF (Stretch)

DAY OFF

SATURDAY

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

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

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.

CELEBRATE!