

12 Week Beginner IRONMAN Plan

The goal of this plan is to prepare you to succeed in an IRONMAN event: 2.4 mile swim, 112 mile bike & 26.2 mile run. We will train in three phases to build your aerobic development, sharpen your top end speed and perform race-specific workouts that will have you ready to succeed on race day. Before you comply with this plan, you must be able to comfortably swim 3km, bike 50km and run 15km.

Notes:

Easy = incredibly easy, pace is irrelevant. I want this to feel like you can carry on a conversation without strain

Moderate or Steady = aerobic effort. This should feel like 75% of your maximum effort

Hard = As hard as you can push without compromising your form.

- During low cadence work on the bike, if you have any knee pain shift to an easier gear
- Try to finish every run session with a slight negative split (slightly faster finish)
- Try to do all of your runs on a soft surface
- Fuel on the bike with at least 1 bottle per hour. Alternate between sipping on sports drink and water
- For runs over an hour, consume 100kcal every 45' and wash it down with some water.

Glossary:

WU - Warm up

MS - Main set

CD - Cool down

TT - Time Trial

Please visit contact IRONMAN U Find A Coach to hire a coach and work on a personalized training plan. U.IRONMAN.COM/FIND-A-COACH



MON	TUE	WED	THU	FRI	SAT	SUN	WEEK
BIKE Build 1 of 3: Base Preparation We are preparing the body for the hard work that is to come. Bike : Trainer (15 x 1') Duration: 1:00:00 WU 15' building to IRONMAN effort MS:15 x 1 min @ hard effort on 30 sec rest. Ride @ race cadence & position. Still body, strong legs! Ride as you feel to hit time.	SWIM Benchmark 2X500 Duration: 1:00:00 Distance (P): 2200 m Workout Description: WU: 2X(100 free/100 pull) 200 kick with fins MS: 500 continuous swim 200 kick with fins 500 continuous swim CD: 8X50 nice and easy :20 rest	RUN Run : Steady Duration : 0:45:00	SWIM Easy/Smooth 2400 Duration: 1:00:00 Distance (P): 2400 m Workout Description: 3X 3X200 swim on 20 rest 200 kick with fins Focus on bilateral breathing, smooth strokes, streamline off the wall.	REST Day Off : Rest	BIKE Bike : Steady Duration: 2:30:00	RUN Run : Steady Duration: 0:45:00 Post Run Recovery Swim: 400FC with fins warm up 400FC Pull warm up 400K with fins warm up 8 x 25FC as 4 x ["fast" / "easy"] off 30 4 x 100FC descend 1-4 (65%, 75%, 85%, 95%) +20 8 x 50FC "moderate"....focus on technique +10	1
BIKE Build 2 of 3: Base Preparation Bike : Trainer (15 x 1') Duration: 1:00:00 WU: 15' building to IRONMAN effort MS: 15 x 1 min @ hard effort on 30 sec rest. Ride @ race cadence & position. Still body, strong legs!	SWIM Drills 3500 Duration 1:00:00 500 choice warm up 5x100 easy (25 kick/drill/swim/build) 5x125 easy (50 free/25 non-free/50 free) 5x150 steady buoy (3/5/3 breathing pattern by 50) 5x200 steady swim (No Walls, Turn at the "T")	RUN Run : Steady Duration (P): 1:00:00	SWIM Swim : 3500 400 warm up 300 drill/swim by 50 2 sets of 3x50 descend on 10SR 100 easy kick 2 sets of 3x100 desc on 15SR 100 easy swim 2 sets of 3x200 desc on 20SR 100 sight for the wall 300 pull 100 cool down	STRENGTH Strength : Total Body Duration (P): .20:00 Workout Description: 10 push-ups; 60sec plank; 60sec x 2 side planks; 10 push-ups; 1:00 rest 10 push-ups; 60sec plank; 30sec x 2 side planks 10 push-ups Monster Walks, 3 x 15 paces in each direction Eccentric calf raises, 3 x 15 nice and slow	BIKE Bike : Steady Duration : 3:00:00	RUN Run : Steady Duration 1:00:00 Post Run Recovery Swim: 400FC with fins warm up 400FC Pull warm up 400K with fins warm up 8 x 25FC as 4 x ["fast" / "easy"] off 30 4 x 100FC descend 1-4 (65%, 75%, 85%, 95%) +20 8 x 50FC "moderate"....focus on technique +10	2
BIKE Build 3 of 3: Base Preparation Bike : Trainer (15 x 1') Duration: 1:00:00 WU 15' building to IRONMAN effort MS 15 x 1 min @ hard effort on 30 sec rest. Ride @ race cadence & position. Still body, strong legs! Ride as you feel to hit time.	SWIM Swim : 3400 400 Warm Up 4x50 Build on 15SR Descending 100's: These should be as fast as you can sustain (threshold pace) 6 x 100 on 5-10sec rest 100 easy 5 x 100 on 5-10sec rest 100 easy 4 x 100 on 5-10sec rest 100 easy 3 x 100 on 5-10sec rest 100 easy 2 x 100 on 5-10sec rest 100 easy 100 As Fast as Possible! 200 very easy	RUN Run : Steady Duration (P): 1:00:00	SWIM Swim : 3500 400 warm up 300 drill/swim by 50 2 sets of 3x50 descend on 10SR 100 easy kick 2 sets of 3x100 desc on 15SR 100 easy swim 2 sets of 3x200 desc on 20SR 100 sight for the wall 300 pull 100 cool down	STRENGTH Strength : Total Body Duration (P): .20:00 Workout Description: 10 push-ups; 60sec plank; 60sec x 2 side planks; 10 push-ups; 1:00 rest 10 push-ups; 60sec plank; 30sec x 2 side planks 10 push-ups Monster Walks, 3 x 15 paces in each direction Eccentric calf raises, 3 x 15 nice and slow	BIKE Bike : Steady Duration 3:30:00 T Run: 30 ' of aerobic running within 10' of completing ride	RUN Run : Steady Duration : 1:20:00 Post Run Recovery Swim: 400FC with fins warm up 400FC Pull warm up 400K with fins warm up 8 x 25FC as 4 x ["fast" / "easy"] off 30 4 x 100FC descend 1-4 (65%, 75%, 85%, 95%) +20 8 x 50FC "moderate"....focus on technique +10	3

MON	TUE	WED	THU	FRI	SAT	SUN	WEEK
BIKE <p>Bike : Trainer Duration: 0:45:00 WU:15min 10 min easy 5min single leg drills: (5x 30 sec right leg only 30 sec left leg only) MS: change in pace/ cadence pyramid set: 16 min 1min@60 rpm,1min easy 1min @65rpm,1min easy 1min @70rpm,1min easy 1min @80rpm,1min easy 1min@85rpm, 1min easy 1min@90 rpm, 1min easy 1min@100rpm,1min easy 1min@110rpm,1min easy CD:15 min easy</p>	SWIM <p>Swim : Drills 2000 Duration : 0:45:00 Distance : 2000 m Workout Description: WU: 200 free/200 kick 4X50 single arm drill, 200 pull 4X50 finger tip drag, 200 pull 4X50 kick on your side, 200 pull CD: 4X100 easy</p>	RUN <p>Run : Steady Duration (P): 35:00</p>	SWIM <p>Swim : Easy/Smooth 2400 Duration (P): 1:00:00 Distance (P): 2400 m Workout Description: 3X 3X200 swim on :20 rest 200 kick with fins Focus on bilateral breathing, smooth strokes, streamline off the wall –chin tucked!</p>	STRENGTH <p>Strength : Total Body Duration (P): 00:20:00 Workout Description: 10 push-ups; 60sec plank; 60sec x 2 side planks; 10 push-ups; 1:00 rest 10 push-ups; 60sec plank; 30sec x 2 side planks 10 push-ups Monster Walks, 3 x 15 paces in each direction Eccentric calf raises, 3 x 15 nice and slow</p>	BIKE <p>Bike : Easy Duration : 2:30:00</p>	RUN <p>Run : Easy Duration : 0:50:00 Post Run Recovery Swim: 400FC with fins warm up 400FC Pull warm up 400K with fins warm up 8 x 25FC as 4 x ["fast" / "easy"] off 30 4 x 100FC descend 1-4 (65%, 75%, 85%, 95%) +20 8 x 50FC "moderate"....focus on technique +10</p>	
BIKE <p>Build 1 of 3: IRONMAN Specificity Bike : Trainer (Progressive TT's, :90) Duration (P): 1:30:00 Workout Description: 20 min easy spin 10 min TT (75%) 10 min easy 8 min TT (80%) 8 min easy 6 min TT (85%) 6 min easy 4 min all out (100%) Easy Spin cooldown Pace it well!</p>	SWIM <p>Swim: 3500 400 Warm Up 4x50 Build on 15SR Descending 100's: These should be as fast as you can sustain (threshold pace) 6 x 100 on 5-10sec rest 100 easy 5 x 100 on 5-10sec rest 100 easy 4 x 100 on 5-10sec rest 100 easy 3 x 100 on 5-10sec rest 100 easy 2 x 100 on 5-10sec rest 100 easy 100 As Fast as Possible! 200 very easy</p>	RUN <p>Run : Treadmill/Hills Duration (P): 0:45:00 Workout Description: 15 min easy warmup ***Hill Repeats X3 3X(5 min @ 5%/5 min @ 2.5%) Work the 5% then recover on the 2.5 %</p>	SWIM <p>Swim : Timetrial 1000 Duration (P): 1:00:00 Distance (P): 2600 m Workout Description: WU 5X200 as swim, pull, kick, pull, swim 4X50 mod hard on 10 sec rest **** Straight 1000 for time CD 4X100 easy/drill</p>	STRENGTH <p>Strength : Total Body Duration (P): 00:20:00 Workout Description: 10 push-ups; 60sec plank; 60sec x 2 side planks; 10 push-ups; 1:00 rest 10 push-ups; 60sec plank; 30sec x 2 side planks 10 push-ups Monster Walks, 3 x 15 paces in each direction Eccentric calf raises, 3 x 15 nice and slow</p>	BIKE <p>Bike : 3X10 Duration (P): 4:00:00 Workout Description: Mostly steady riding with 3X10 minutes of strong effort mixed in to the session. Ride steady for 15-20 between each strong effort</p>	RUN <p>Run : Progressive by 15's Duration (P): 1:35:00 Workout Description: 15 min easy 15 min moderate 15 min fast Run as you feel to hit time Post Run Recovery Swim: 400FC with fins warm up 400FC Pull warm up 400K with fins warm up 8 x 25FC as 4 x ["fast" / "easy"] off 30 4 x 100FC descend 1-4 (65%, 75%, 85%, 95%) +20 8 x 50FC "moderate"....focus on technique +10</p>	
BIKE <p>Build 2 of 3: IRONMAN Specificity Bike : Trainer (Progressive TT's, :90) Duration (P): 1:30:00 Workout Description: 20 min easy spin 10 min TT (75%) 10 min easy 8 min TT (80%) 8 min easy 6 min TT (85%) 6 min easy 4 min all out (100%) Easy Spin cooldown Pace it well!</p>	SWIM <p>Swim: 3500 400 Warm Up 4x50 Build on 15SR Descending 100's: These should be as fast as you can sustain (threshold pace) 6 x 100 on 5-10sec rest 100 easy 5 x 100 on 5-10sec rest 100 easy 4 x 100 on 5-10sec rest 100 easy 3 x 100 on 5-10sec rest 100 easy 2 x 100 on 5-10sec rest 100 easy 100 As Fast as Possible! 200 very easy</p>	RUN <p>Run : Treadmill/Hills Duration (P): 0:45:00 Workout Description: 15 min easy warmup ***Hill Repeats X3 3X(5 min @ 5%/5 min @ 2.5%) Work the 5% then recover on the 2.5 %</p>	SWIM <p>4k Monster Set Workout Description: 1000 warm up 2 rounds of 3 x 200 HARD 200 full gear 200 pull 400 swim 400 pull 200 kick</p>	STRENGTH <p>Strength : Total Body Duration (P): 00:20:00 Workout Description: 10 push-ups; 60sec plank; 60sec x 2 side planks; 10 push-ups; 1:00 rest 10 push-ups; 60sec plank; 30sec x 2 side planks 10 push-ups Monster Walks, 3 x 15 paces in each direction Eccentric calf raises, 3 x 15 nice and slow</p>	BRICK <p>Bike : 5 hours steady w fast finish Duration (P): 5:00:00 Workout Description: Mostly steady riding with your final 15' @ 70.3 effort T Run: 30 ' of aerobic running within 10' of completing ride</p>	RUN <p>Run : Steady Duration : 1:45:00 Post Run Recovery Swim: 400FC with fins warm up 400FC Pull warm up 400K with fins warm up 8 x 25FC as 4 x ["fast" / "easy"] off 30 4 x 100FC descend 1-4 (65%, 75%, 85%, 95%) +20 8 x 50FC "moderate"....focus on technique +10</p>	

MON	TUE	WED	THU	FRI	SAT	SUN	WEEK
BIKE Build 3 of 3: IRONMAN Specificity Bike : Trainer (Progressive TT's, :90) Duration (P): 1:30:00 Workout Description: 20 min easy spin 10 min TT (75%) 10 min easy 8 min TT (80%) 8 min easy 6 min TT (85%) 6 min easy 4 min all out (100%) Easy Spin cooldown Easy Spin cooldown Pace it well!	SWIM Swim : Drills 2500 Duration (P): 1:00:00 Distance (P): 2500 m Workout Description: 400 (swim/kick by 100) 400 pull (3/5 breathing pattern by 100) 16x25 w/:10 rest (1fast/1ez) 4x125 w/:30 rest (25 sprint/100 smooth) 4x75 pull w/:15 rest (all strong) 300 swim free, smooth perfect technique 200 choice cool down	RUN Run : Treadmill/Hills Duration (P): 00:45:00 Workout Description: 15 min easy warmup ***Hill Repeats X3 3X(5 min @ 5%/5 min @ 2.5%) Work the 5% then recover on the 2.5 %	SWIM 4k Monster Set Workout Description: 1000 warm up 2 rounds of 3 x 200 HARD, 200 full gear, 200 pull 400 swim, 400 pull, 200 kick rest (25 sprint/100 smooth) 4x75 pull w/:15 rest (all strong) 300 swim free, smooth perfect technique	STRENGTH Strength : Total Body Duration (P): 00:20:00 Workout Description: 10 push-ups; 60sec plank; 60sec x 2 side planks; 10 push-ups; 1:00 rest 10 push-ups; 60sec plank; 30sec x 2 side planks 10 push-ups Monster Walks, 3 x 15 paces in each direction Eccentric calf raises, 3 x 15 nice and slow	BIKE Bike : 6 hours steady w fast finish Duration (P): 6:00:00 Workout Description: Mostly steady riding with your final 30 @ race effort.	RUN Run : Steady Duration: 2:00:00 Post Run Recovery Swim: 400FC with fins warm up 400FC Pull warm up 400K with fins warm up 8 x 25FC as 4 x ["fast" / "easy"] off 30 4 x 100FC descend 1-4 (65%, 75%, 85%, 95%) +20 8 x 50FC "moderate"....focus on technique +10	
BIKE Bike : Trainer Duration: 00:45:00 WU:15min 10 min easy 5min single leg drills: (5x 30 sec right leg only 30 sec left leg only) MS: change in pace/ cadence pyramid set: 16 min 1min@60 rpm,1min easy 1min@65rpm,1min easy 1min@70rpm,1min easy 1min@80rpm,1min easy 1min@85rpm, 1min easy 1min@90 rpm, 1min easy 1min@100rpm,1min easy 1min@110rpm,1min easy CD:15 min easy	SWIM Swim : Drills 2000 Duration : 00:45:00 Distance : 2000 m Workout Description: WU: 200 free/200 kick 4X50 single arm drill, 200 pull 4X50 finger tip drag, 200 pull 4X50 kick on your side, 200 pull CD: 4X100 easy	RUN Run : Steady Duration (P): 1:00:00	SWIM Swim : Easy/Smooth 2400 Duration (P): 1:00:00 Distance (P): 2400 m Workout Description: 3X 3X200 swim on :20 rest 200 kick with fins Focus on bilateral breathing, smooth strokes, streamline off the wall –chin tucked!	STRENGTH Strength : Total Body Duration (P): 00:20:00 Workout Description: 10 push-ups; 60sec plank; 60sec x 2 side planks; 10 push-ups; 1:00 rest 10 push-ups; 60sec plank; 30sec x 2 side planks 10 push-ups Monster Walks, 3 x 15 paces in each direction Eccentric calf raises, 3 x 15 nice and slow	BIKE Bike : Easy Duration : 2:30:00 T Run: 30 ' of aerobic running within 10' of competing ride	RUN Run : Easy Duration : 1:10:00 Post Run Recovery Swim: 400FC with fins warm up 400FC Pull warm up 400K with fins warm up 8 x 25FC as 4 x ["fast" / "easy"] off 30 4 x 100FC descend 1-4 (65%, 75%, 85%, 95%) +20 8 x 50FC "moderate"....focus on technique +10	
BIKE Build 1 of 3: IRONMAN Specificity Bike : Trainer (Progressive TT's, :90) Duration (P): 1:30:00 Workout Description: 20 min easy spin 10 min TT (75%) 10 min easy 8 min TT (80%) 8 min easy 6 min TT (85%) 6 min easy 4 min all out (100%) Easy Spin cooldown Pace it well!	SWIM 4k Pullset 1000 warm up 5 x 500 full gear descend 1-5 300 swim 200 kick 16x25 w/:10 rest (1fast/1ez) 4x125 w/:30 rest (25 sprint/100 smooth) 4x75 pull w/:15 rest (all strong) 300 swim free, smooth perfect technique 200 choice cool down	RUN Run : Treadmill/Hills Duration (P): 00:45:00 Workout Description: 15 min easy warmup ***Hill Repeats X3 3X(5 min @ 5%/5 min @ 2.5%) Work the 5% then recover on the 2.5 %	SWIM Benchmark 1000 Duration (P): 1:00:00 Distance (P): 2600 m Workout Description: WU: 5X200 as swim, pull, kick, pull, swim 4X50 mod hard on 10 sec rest **** Straight 1000 for time CD 4X100 easy/drill	STRENGTH Strength : Total Body Duration (P): 00:20:00 Workout Description: 10 push-ups; 60sec plank; 60sec x 2 side planks; 10 push-ups; 1:00 rest 10 push-ups; 60sec plank; 30sec x 2 side planks 10 push-ups Monster Walks, 3 x 15 paces in each direction Eccentric calf raises, 3 x 15 nice and slow	BRICK Bike : 3X10 Duration (P): 5:00:00 Workout Description: Mostly steady riding with 3X10 minutes of strong effort mixed in to the session. Ride steady for 15-20 between each strong effort.	RUN Run : Steady Duration : 1:40:00 Post Run Recovery Swim: 400FC with fins warm up 400FC Pull warm up 400K with fins warm up 8 x 25FC as 4 x ["fast" / "easy"] off 30 4 x 100FC descend 1-4 (65%, 75%, 85%, 95%) +20 8 x 50FC "moderate"....focus on technique +10	

MON	TUE	WED	THU	FRI	SAT	SUN	WEEK
BIKE Build 2 of 3: IRONMAN Specificity Bike : Trainer (Progressive TT's, :90) Duration (P): 1:00:00 Duration (P): 1:30:00 Workout Description: 20 min easy spin 10 min TT (75%) 10 min easy 8 min TT (80%) 8 min easy 6 min TT (85%) 6 min easy 4 min all out (100%) Easy Spin cooldown Pace it well!	SWIM Drills 2500 Duration (P): 1:00:00 Distance (P): 2500 m Workout Description: 400 (swim/kick by 100) 400 pull (3/5 breathing pattern by 100) 16x25 w/:10 rest (1fast/1ez) 4x125 w/:30 rest (25 sprint/100 smooth) 4x75 pull w/15 rest (all strong) 300 swim free, smooth perfect technique 200 choice cool down	RUN Run : Treadmill/Hills Duration (P): 0:45:00 Workout Description: 15 min easy warmup ***Hill Repeats X3 3X(5 min @ 5%/ min @ 2.5%) Work the 5% then recover on the 2.5 %	SWIM 4k Monster Set Workout Description: 1000 warm up 2 rounds of 3 x 200 HARD, 200 full gear, 200 pull 400 swim, 400 pull, 200 kick	STRENGTH Strength : Total Body Duration (P): 00:20:00 Workout Description: 10 push-ups; 60sec plank; 60sec x 2 side planks; 10 push-ups; 1:00 rest 10 push-ups; 60sec plank; 30sec x 2 side planks 10 push-ups Monster Walks, 3 x 15 paces in each direction Eccentric calf raises, 3 x 15 nice and slow	BRICK Bike : 3X10 Duration (P): 6:00:00 Workout Description: Mostly steady riding with 3X10 minutes of strong effort mixed in to the session. Ride steady for 15-20 between each strong effort T Run: 30 ' of aerobic running within 10' of completing ride	RUN Run : Steady Duration 2:00:00 Post Run Recovery Swim: 400FC with fins warm up 400FC Pull warm up 400K with fins warm up 8 x 25FC as 4 x ["fast" / "easy"] off 30 4 x 100FC descend 1-4 (65%, 75%, 85%, 95%) +20 8 x 50FC "moderate"....focus on technique +10	
REST Build & Begin Taper Workout Description: Start pulling it back. Add an extra hour of sleep each day Day Off : Rest	SWIM Twin 1ks. 3300 WU: 500 easy swim MS: 1,000 start Easy and build to Steady effort (note time) 4x50 easy and relaxed 1,000 swim faster than the first one (note change in effort required to swim faster) CD 100 swim 200 kick Pre-activity comments Try and make your second 1k faster than the first.	RUN Run : Treadmill/Hills Duration (P): 0:45:00 Workout Description: 15 min easy warmup ***Hill Repeats X3 3X(5 min @ 5%/ min @ 2.5%) Work the 5% then recover on the 2.5 %	SWIM Swim : Race Prep 2000 Duration (P): 0:45:00 Distance (P): 2000 m Workout Description: WU: 200 free/200 kick/200 pull MS: 5X200 on goal race pace CD: 4X100 as 25 goal race pace/75 easy	STRENGTH Strength : Total Body Duration (P): 00:20:00 Workout Description: 10 push-ups; 60sec plank; 60sec x 2 side planks; 10 push-ups; 1:00 rest 10 push-ups; 60sec plank; 30sec x 2 side planks 10 push-ups Monster Walks, 3 x 15 paces in each direction Eccentric calf raises, 3 x 15 nice and slow	BRICK Bike : 3X10 Duration (P): 3:00:00 Workout Description: Mostly steady riding with 3 x 10 @ race intensity on as much rest as you need. Visualize race day! T Run: 30 ' of aerobic running within 10' of completing ride	RUN Run : Easy Duration : 1:30:00 Post Run Recovery Swim: 400FC with fins warm up 400FC Pull warm up 400K with fins warm up 8 x 25FC as 4 x ["fast" / "easy"] off 30 4 x 100FC descend 1-4 (65%, 75%, 85%, 95%) +20 8 x 50FC "moderate"....focus on technique +10	
BIKE Race Week! If you do anything off the plan this week, do too little! We cannot get any fitter. 1 Hour Ride Very easy ride today but insert 5 x 2 min @ race effort on equal rest.	SWIM Race Prep Set 4200m 500 easy full gear (paddles and buoy), then into 5 x 100 @ 85-90 % of max on 15 sec rest. Do this set 4 x through. Cool down with an easy 200	RUN EASY running for 45'	SWIM Prep 2000 Duration (P): 0:45:00 Distance (P): 2000 m Workout Description: WU: 200 free/200 kick/200 pull MS: 5X200 on goal race pace CD: 4X100 as 25 goal race pace/75 easy	PREP 15' Open Water Swim on course. Practice sighting and visualize race day.	PREP Custom : Pre- Race Tune Up Duration (P): 0:45:00 Workout Description: Get out and ride the bike, checking the gears and all mechanicals. Go hard for 3X2 minutes then get off for an easy 20 minute run with 3X2 minutes of strides. The idea is to keep the blood flowing and calm pre-race nerves.	RACE DAY Good luck and happy racing!	

10

11

12