

26 Week Ironman Lake Placid Training schedule 04

	M	T	W	TH	F
S	LSS	----	I	-----	-----
B	-----	WT	-----	WT	-----
R	-----	ER	-----	ER	-----

Sat- **LSB** Long Slow Bike

Sun- **LSR** Long Slow Run

LSS-Long Slow Swim **WT**- windtrainer Bike **T**-Tempo **TW**-Track **ER**-Easy Run **SD**-Stroke Drills

Base 1,2,3- weeks 1-13

Rest week 14-15

Build weeks 16-23

Taper weeks 24-26

Training Weeks run Mon -Sun

Base 1 4 weeks

S-2x B-3x R-4x

Total hrs-8.5

#1

	M	T	W	TH	F
S	1800	----	10x100/SD	-----	-----
B	-----	45min	-----	45min	-----
R	-----	45min	-----	45min	-----

1/31 R 5 m B-1 ½ hrs WT

2/1 R 1hr

#2

	M	T	W	TH	F
S	1800	----	10x100SD	-----	-----
B	-----	45 min	-----	45 min	-----
R	-----	45 min	-----	45 min	-----

2/7 R 5 m B 2 hr Trainer 1:45

2/8 R 1hr

#3

	M	T	W	TH	F
S	1800	----	10x100/SD	-----	-----
B	-----	45min	-----	45min	-----
R	-----	45 min	-----	45min	-----

2/14 R 5 m B 1 ½ hr

2/15 R-1.5 hrs Boston Buildup 20k

#4

	M	T	W	TH	F
S	1800	----	10x100/SD	-----	-----
B	-----	30 min	-----	30 min	-----
R	-----	30 min	-----	30 min	-----

2/21 R 5 m B 1 ½ hr

1/22 R 1 hr

Base 2

#5

S-2x B-4x R-4x

Total hrs- 11.5 hrs

	M	T	W	TH	F
S	2000	----	12x100/SD	-----	-----
B	-----	45 min	-----	1hr	-----
R	-----	1 hr	-----	45min	-----

2/28 R 5 m B 2.5 hrs

2/29 R 1.5 hrs B 45 min

#6

	M	T	W	TH	F
S	2000	----	12x100/SD	-----	-----
B	-----	45 min	-----	1hr	-----
R	-----	1 hr	-----	45min	-----

3/6 R 5m B-2.5 hrs

3/7 R 2hrs B 45 min Boston Buildup 25k

#7

	M	T	W	TH	F
S	2000	----	12x100/SD	-----	-----
B	-----	45 min	-----	1hr	-----
R	-----	1 hr	-----	45min	-----

3/13 R 5 m B 2.5 hrs

2/14 R 1:45 hrs B 1hr

#8

	M	T	W	TH	F
S	2000	----	12x100/SD	-----	-----
B	-----	45 min	-----	1hr	-----
R	-----	1 hr	-----	45min	-----

3/20 R 5 m B 2.5 hrs

3/21 R 2 hrs B 1 hr

Base 3 4weeks

#9

S-2x B-4x R-4x

Total hrs- 13 hrs

	M	T	W	TH	F
S	2000	----	14x100/SD	-----	-----
B	-----	45 min	-----	1hr	-----
R	-----	1 hr	-----	45min	-----

3/27 R 5 m B 3 hrs

3/28 R 2:30 hrs Boston Buildup 30k

#10		M	T	W	TH	F
	S	2000	----	14x100/SD	-----	-----
	B	-----	45 min	-----	1hr	-----
	R	-----	1 hr	-----	45min	-----

4/3 R-45min B-3hrs
 4/4 R-2.5hrs **1st Long Run**

#11		M	T	W	TH	F
	S	2000	----	14x100	----	-----
	B	-----	45min	-----	1hr	-----
	R	-----	45 min	-----	45min	-----

4/10 B-3.5 hrs R-Brooklyn ½ marathon
 4/11 R-2hrs

#12 Recovery week

		M	T	W	TH	F
	S	2500	-----	2000	----	-----
	B	-----	25min	-----	45 min	-----
	R	-----	30min	-----	20min	-----

4/17 B-3hrs
 4/18 R-2hrs

Rest week
 #13

		M	T	W	TH	F
	S	2500	-----	2000	----	-----
	B	-----	25min	-----	45 min	-----
	R	-----	30min	-----	20min	-----

4/24 B-2hrs
 4/25 R-1hr

Build 1

#14		M	T	W	TH	F
	S	LSS	----	I	-----	-----
	B	-----	MSB	-----	T	-----
	R	-----	TW	-----	ER	-----

S - **LSB** Long Slow Bike
 Sun-**LSR** Long Slow Run
LSS-Long Slow Swim **I**- Intervals **MSB**- Moderate Slow Bike **T**-Tempo **TW**-Track **ER**-Easy Run
 Training Weeks run Mon -Sun

		M	T	W	TH	F
	S	2200	----	20x100	-----	-----
	B	-----	4hrs	-----	4hrs	-----
	R	-----	TW	ER-1hr	ER 1hr	-----

S-2x B-4x R-5x
Total hrs- 21 hrs
 Miles: R-46m B-200m

TW-4x1m 7min/mile
 5/1 B-4hrs R-5m
 5/2 R-2:15 hrs B-1hr LI ½ Marathon

#15

	M	T	W	TH	F
S	240 0	-----	22x100	-----	-----
B	-----	4.5hrs	-----	4.5hrs	-----
R	-----	TW	ER-1hr	ER 1hr	-----

S-2x B-4x R-5x

Total hrs- 26 hrs

Miles: R-46m B-270m

TW 5x1m

5/8 B-120m R-5m **1st 100+ Bike**

5/9 R-2hrs B 1hr

#16

	M	T	W	TH	F
S	2600	-----	24x100	-----	-----
B	1 hr	5 hrs	-----	5 hrs	-----
R	-----	TW	ER-1hr	ER 1hr	-----

S-2x B-5x R-5x

Total hrs- 27 hrs

Miles: R-52m B-290m

TW 6x1m

5/15 B-85m R-Queens ½ marathon

5/16 R-3hrs B 1hr **2nd Long Run**

#17 Recovery week

	M	T	W	TH	F
S	2500	-----	2000	-----	-----
B	-----	25min	-----	45 min	-----
R	-----	30min	-----	20min	-----

5/22 B-120m R-5m **2nd 100+ Bike**

5/23 R-2hrs B 1hr

Build 2 4weeks

#18

	M	T	W	TH	F
S	2800	-----	28x100	-----	-----
B	-----	4.5hrs	-----	4.5hrs	-----
R	-----	TW	ER-1hr	ER 1hr	-----

S-2x B-4x R-5x

Total hrs- 20 hrs

Miles: R-38m B-200m

TW 6x1m

5/29 B-50m

5/30 R-

#19		M	T	W	TH	F
	S	3000	-----	32x100	-----	-----
	B	-----	5hrs	-----	5hrs	-----
	R	-----	TW	ER-1.5hr	ER 1hr	-----

S-2x B-4x R-5x
Total hrs- 28.5 hrs
Miles: R-53m B-300m

TW 7x1m
6/5 B-120m R-10m **3rd 100+ 1st Long Brick**
6/6 R-2hrs B 1hr

#20		M	T	W	TH	F
	S	3200	-----	3600	-----	-----
	B	-----	5.5hrs	-----	5.5 hrs	-----
	R	-----	1hr	1hr	30min	-----

S-2x B-4x R-5x
Total hrs- 22.5 hrs
Miles: R-33m B-238

6/12 B-4hrs R-5m
6/13 B-2.5hrs B-30min

#21 Recovery		M	T	W	TH	F
	S	2500	-----	2000	-----	-----
	B	-----	25min	-----	45 min	-----
	R	-----	30min	-----	20min	-----

6/19 B-120 R-10 **4th 100+ 2nd Long Brick**
6/20 R-2hrs B 1hr

#22		M	T	W	TH	F
	S	3600	-----	38x100	-----	-----
	B	1hr	5.5hrs	-----	6hrs	-----
	R	-----	TW	ER-1.5hr	ER 1.5hr	1hr

S-2x B-5x R-6x
Total hrs- 31 hrs
Miles: R-60m B-330m

TW 8x1m
6/26 B-120m R-5m **5th 100+ Fast Tupper Lake 1/2 IM**
6/27 R-2hrs B 1hr

#23		M	T	W	TH	F
	S	4000	-----	40x100	-----	-----
	B	-----	6hrs	-----	6hrs	-----
	R	-----	1hr	ER-1.5hr	ER 1.5hr	-----

S-2x B-4x R-5x
Total hrs- 28 hrs
Miles: R-53m B-289m

7/3 B-85m R-5m
7/4 R-3hrs **3rd Long run**

Taper week 1

#24		M	T	W	TH	F
	S	4000	----	4000	2000	-----
	B	-----	2hrs	-----	2hrs	-----
	R	-----	1hr	-----	1hr	-----

Hrs-30%<last week-18 hrs

7/10 B-75m R3m outdoor swim White pond

7/11 R-1:30 B1hr

Taper week 2

#25		M	T	W	TH	F
	S	4000	----	4000	-----	-----
	B	-----	1hrs	-----	1hrs	-----
	R	-----	45min	-----	45min	-----

Hrs-30%<last week-12 hrs

7/17 B-50 Open water swim

7/18 R-1hr

Taper week 3

#26		M	T	W	TH	F
	S	1000	----	-----	30 min	30 min
	B	-----	45min	-----	45 min	30 min
	R	-----	30 min	-----	-----	20min

Hrs-30%<last week-5 hrs

IM week schedule

Weds-Travel day

Thurs-Registration/Assemble Bike &Drive bike and run courses

Frid- Swim early/bike the course afternoon

Sat- Swim early/run am/ easy spin/put bike and bags into transition area

7/24 S-20 min/Bike20min

7/25 IM USA