



TRAINING PLAN

12

Go long but do it the right way

Boost fitness and confidence for your Ironman with coach **Phil Mosley's** six week plan

Welcome to one of the most important training plans we'll ever publish. If ever there was an event where you needed a plan, Ironman is it. It's a punishing triathlon that involves a 3.8km swim, 180km bike and 42.2km run. With distances like these you can hardly afford to invent your workouts as you go along.

Perhaps the most crucial phase of training for an Iron distance triathlon is the last six weeks. This is when it's easy to come unstuck. It's a time

when you'll naturally worry about your fitness and make rash training choices. In the last six weeks you are more likely to do too much training rather than not enough and it's all too common to pick up a virus or injury with three weeks to go.

This plan will guide you all the way up to race day. There are some big workouts, to boost your confidence and teach you about realistic pacing. There are plenty of recovery periods to allow your body to adapt and heal after the tough long stuff. This sensible balance of work and rest

will help you avoid illnesses and niggling injuries.

Do as many of the sessions as you can, but listen to your body and miss bits out if you're excessively tired. You can move sessions around to different days as long as they're within the same week. Try to space them sensibly so you don't do the hardest workouts on consecutive days. Avoid trying to catch up on missed sessions by bunching several within a day or two as this will upset your training balance and make you more prone to illness and injury.

Check out the key and the training zones below to get the details right, but it's not worth getting too obsessive about tiny differences in training zones as they're only a guide. The important thing is that you do the training.

There are also detailed solo swim sessions. However, you may be better off doing coached group sessions so that you get some feedback on your stroke. I've also included open water swim sessions and the more you can practise the better. Swimming in a river, lake or ocean feels totally different from your local pool.

? IS THIS PLAN FOR YOU?

Goal
To boost fitness and confidence for an Ironman

Time scale
Six weeks

Start point
To follow this plan you will need to be able to swim for 60 minutes, cycle four hours and run two and a half hours

Level
Advanced

6 WEEK PLAN TRAINING ZONES GUIDE

DESCRIPTION	HEART RATE (%MAX)	RPE 1-10	ACCUMULATED	INTENSITY
Z1 Recovery	55-70	<2	1-6hrs	Easy
Z2 Endurance	70-75	2-3	1-3hrs	Steady
Z3 Tempo	75-80	3-4	50-90mins	Comfortable
Z4 Threshold	80-88	4-6	10-60mins	Uncomfortable
Z5 Vo ₂ max	89-100	>7	12-30mins	Hard to very hard

KEY

FC Frontcrawl, **PULL** Frontcrawl with a pull-buoy float between thighs, **KICK** Kick with a float held out in front, **SECS** seconds, **BACK** Backstroke, **BREAST** Breaststroke, **FISTS FC** with clenched fists, **BUILD** each rep slightly faster than previous, **Z1** Zone 1, **Z2** Zone 2, **Z3** Zone 3, **Z4** Zone 4, **Z5** Zone 5

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	DAY		ESSENTIAL WORKOUT		OPTIONAL WORKOUT
WEEK 1	Mon	Bike to Run	WU 15mins in Z2 MAIN 4x9mins upper Z3 +60secs rests WD 10mins in Z2 INTO Run 15mins in Z2		RECOVERY
	Tue	Swim	WU 600FC easy MAIN 400FC at 7/10 +30secs rest, 400PULL at 7/10 +30secs rest, 300PULL at 8/10 +30secs rest, 3x100FC at 9/10 +30secs rests, 2x200PULL at 7/10 + 15secs rests, 400FC at 8/10 WD 600 easy	Pilates	Pilates class or home DVD
	Wed	Run	WU 20mins in Z2 MAIN 2x15mins at approx 1hr race pace Z3/ Z4) +3mins walk/jog rest WD 15mins in Z1/Z2		RECOVERY
	Thur	Open Water Swim	WU 400m FC easy, 400 as (50FISTS/50FC easy) MAIN 5x400 at 1500m race pace, with 60secs rests WD 800m easy swim		RECOVERY
	Fri		RECOVERY	Yoga	Optional yoga class or home DVD
	Sat	Bike To Run	Ride 4hrs 30mins in Z2, straight into run 15mins in Z2		RECOVERY
	Sun	Run	2hrs 30mins Z2 on soft ground. Repeat a 5km lap, to pick up drinks & nutrition.		RECOVERY
WEEK 2	Mon		RECOVERY		RECOVERY
	Tue	Swim	WU All easy: 300FC, 100KICK, 200PULL, 100KICK, 200FC MAIN 4x(200PULL at 6/10 +15secs rest, 4x50FC at 9/10 +30secs rest) WD 400 easy FC/BACK	Pilates	Pilates class or home DVD
	Wed	Bike to Run	WU Cycle 15mins in Z2 MAIN 3x12mins in upper Z3 +3mins recovery in Z1 WD 10mins in Z2 INTO RUN 15mins in Z2		RECOVERY
	Thur	Open Water Swim	WU 100FC, 100BACK, 100FC, 100BREAST MAIN 4x800m at Ironman race pace +60secs rests WD 100BACK, 100BREAST		RECOVERY
	Fri	Run	WU 20mins in Z2 MAIN 3x9mins at approx 1-hour race pace (low Zone 4) +3mins walk/jog rests WD 20mins in Z1/Z2	Yoga	Optional yoga class or home DVD
	Sat	Bike To Run	Ride 4hrs in Z2, straight into run 45mins in Z2. Consume fluids and carbs as if race day		RECOVERY
	Sun	Bike	2hrs 30mins Z2 on soft ground. Repeat a 5km lap, to pick up drinks & nutrition.		RECOVERY
WEEK 3	Mon		RECOVERY		RECOVERY
	Tue	Swim	WU 2x(50FC, 50PULL, 50BACK, 50KICK, 50BREAST, 50PULL) MAIN 20x50 at 1500 race pace +10secs rests, +30secs rest after 10 reps WD 200FC easy, 100KICK easy, 100FC easy	Pilates	Pilates class or home DVD
	Wed	Bike	WU 10mins in Z2 MAIN 3x3mins in Z4, 5min recoveries in Z2 WD 5mins in Z2		RECOVERY
	Thur	Open Water Swim	WU 200 FC, 100BACK, 100FC MAIN 2x400 at IM pace +30secs rests WD 400 easy FC, sighting every 10 strokes		RECOVERY
	Fri		RECOVERY	Yoga	Optional yoga class or home DVD
	Sat	Run	45 mins steady run in Z2		RECOVERY
	Sun	Bike	90 mins steady ride in Z2		RECOVERY



	DAY	ESSENTIAL WORKOUT	OPTIONAL WORKOUT
WEEK 4	Mon	Swim WU 20mins in Z2 MAIN 20mins at 10 mile race pace (low Z4) WD 20mins in Z1/Z2	RECOVERY
	Tue	Swim WU 2x(100FC, 50FISTS, 100PULL, 50FISTS), 8x50FC BUILD +15secs rest MAIN 4x 400FC/PULL at 7/10 +15secs rest, 100FC at 9/10 +45secs rest) WD 400 any	Pilates Pilates class or home DVD
	Wed	Bike WU 15-20mins in Z2 MAIN 20, 15, 10 mins all in upper Z3 +2mins rests WD 10-20mins in Z2	RECOVERY
	Thur	Run WU 200FC easy, 200 as (50FISTS/50FC easy) MAIN 8x400 at IM pace, 15secs rests only WD 400m easy swim	RECOVERY
	Fri	RECOVERY	Yoga Yoga class or home DVD
	Sat	Bike To Run Ride 3 hours at IM pace (upper Z2) into Run 90mins at IM pace (or Z2). Practise race day nutrition	RECOVERY
	Sun	RECOVERY	RECOVERY
WEEK 5	Mon	RECOVERY	RECOVERY
	Tue	Bike (indoors) WU 15mins in Z2 MAIN 20mins in Z3, 3mins rest, 15mins in Z4, 3mins rest, 10mins in Z4 WD 5mins in Zone 2	Pilates Pilates class or home DVD
	Wed	Swim WU 2x200 as (50FC, 50BACK, 50FC, 50BREAST) +15secs rest MAIN 400FC at 7/10 +30secs rest, 300PULL at 7/10 +30secs rest, 200BACK/BREAST at 7/10 +30secs rest, 100KICK at 8/10 WD 300 as (25KICK, 50FC)	RECOVERY
	Thur	Bike WARM UP 20mins in Z2 MAIN SET 2x12mins in upper Z3 +3mins recovery in Z2 WARM DOWN 10mins in Z2	RECOVERY
	Fri	Run WU 20mins in Z2 MAIN 3x5mins in low Z4 with 60secs jog rests WD 10mins in Z2	Yoga Optional Yoga class or home DVD
	Sat	Bike Ride 3hours at target IM pace (upper Z2). Practise race day nutrition	RECOVERY
	Sun	Run Steady run in Z2 (approx Ironman intensity)	RECOVERY
WEEK 6	Mon	RECOVERY	Pilates Pilates class or home DVD
	Tue	Bike WU 20 mins in Z2 MAIN 15 mins in upper Z3 WD 15 mins in Z2	RECOVERY
	Wed	Run Easy/steady run at approx Ironman race pace	RECOVERY
	Thur	Swim WU 10mins easy FC MAIN 2x5mins at IM pace, practising race starts +60secs rest WD 10mins easy FC	RECOVERY
	Fri	Bike 1 hr Z2 ride to test your bike is ok	RECOVERY
	Sat	RECOVERY	RECOVERY
	Sun	Race day Iron-Distance Triathlon	RECOVERY