

24 WEEK FULL IRONMAN PLAN

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week							
1	Swim Intensity: Moderate Time: 60 minutes Strength Time: 45 minutes	Bike Intensity: Moderate Time: 60 minutes Run Intensity: Moderate Time: 40 minutes	Swim Intensity: Moderate Time: 60 minutes	Bike Intensity: Moderate Time: 60 minutes Run Intensity: Moderate Time: 50 minutes	OFF	Bike Intensity: Easy Time: 90 minutes Strength Time: 45 minutes	Run Intensity: Easy Time: 60 Minutes Swim Intensity: Easy Time: 30 Minutes
2	Swim Intensity: Moderate Time: 60 minutes Strength Time: 45 minutes	Bike Intensity: Moderate Time: 60 minutes Run Intensity: Moderate Time: 40 minutes	Swim Intensity: Moderate Time: 60 minutes	Bike Intensity: Moderate Time: 60 minutes Run Intensity: Moderate Time: 50 minutes	OFF	Bike Intensity: Easy Time: 90 minutes Strength Time: 45 minutes	Run Intensity: Easy Time: 75 Minutes Swim Intensity: Easy Time: 30 Minutes Intensity: Easy

24 WEEK FULL IRONMAN PLAN

3	Swim Intensity: Moderate Time: 60 minutes Strength Time: 45 minutes	Bike Intensity: Moderate Time: 60 minutes Run Intensity: Moderate Time: 30 minutes	Swim Intensity: Moderate Time: 60 minutes	Bike Intensity: Moderate Time: 60 minutes Run Intensity: Moderate Time: 30 minutes	OFF	Bike Intensity: Easy Time: 90 minutes Swim Intensity: Easy Time: 30 Minutes	Run Intensity: Easy Time: 60 Minutes Strength Time: 45 minutes
4	Swim Intensity: Moderate Time: 60 minutes Strength Time: 60 minutes	Bike Intensity: Moderate Time: 60 minutes Run Intensity: Moderate Time: 45 minutes	Swim Intensity: Moderate Time: 60 minutes	Bike Intensity: Moderate Time: 60 minutes Run Intensity: Moderate Time: 45 minutes	OFF	Bike Intensity: Easy Time: 120 minutes 20 minute brick run off bike	Run Intensity: Easy Time: 70 Minutes Strength Time: 60 minutes
5	Swim Intensity: Moderate Time: 60 minutes Strength Time: 60 minutes	Bike Intensity: Moderate Time: 60 minutes Run Intensity: Moderate Time: 45 minutes	Swim Intensity: Moderate Time: 60 minutes	Bike Intensity: Moderate Time: 60 minutes Run Intensity: Moderate Time: 45 minutes	OFF	Bike Intensity: Easy Time: 120 minutes 20 minute brick run off bike *optional*	Run Intensity: Easy Time: 85 Minutes Strength Time: 60 minutes

24 WEEK FULL IRONMAN PLAN

6	Swim Intensity: Moderate Time: 60 minutes Strength Time: 60 minutes	Bike Intensity: Moderate Time: 60 minutes Run Intensity: Moderate Time: 30 minutes	Swim Intensity: Moderate Time: 60 minutes Strength Time: 60 minutes	Run Intensity: Moderate Time: 45 minutes	OFF	Bike Intensity: Easy Time: 120 minutes	Run Intensity: Easy Time: 60 Minutes Swim Intensity: Easy Time: 30 minutes
7	Swim Intensity: Moderate Time: 60 minutes Strength Time: 60 minutes	Bike Intensity: Moderate Time: 60 minutes Run Intensity: Moderate Time: 45 minutes	Swim Intensity: Moderate Time: 60 minutes Strength Time: 60 minutes	Bike Intensity: Moderate Time: 60 minutes Run Intensity: Moderate Time: 45 minutes	OFF	Bike Intensity: Easy Time: 120 minutes 20 minute brick run off bike *optional*	Run Intensity: Easy Time: 75 Minutes Swim Time: 30 minutes Intensity: Easy
8	Swim Intensity: Moderate Time: 60 minutes Strength Time: 60 minutes	Bike Intensity: Moderate Time: 60 minutes Run Intensity: Moderate Time: 45 minutes	Swim Intensity: Moderate Time: 60 minutes Strength Time: 60 minutes	Bike Intensity: Moderate Time: 60 minutes Run Intensity: Moderate Time: 45 minutes	OFF	Bike Intensity: Easy Time: 135 minutes 20 minute brick run off bike *optional*	Run Intensity: Easy Time: 90 Minutes Swim Time: 30 minutes Intensity: Easy

24 WEEK FULL IRONMAN PLAN

9	Swim Intensity: Moderate Time: 60 minutes Strength Time: 60 minutes	Run Intensity: Moderate Time: 45 minutes	Swim Intensity: Moderate Time: 60 minutes Strength Time: 60 minutes	Bike Intensity: Moderate Time: 75 minutes	OFF	Bike Intensity: Easy Time: 165 minutes 30 minute brick run off bike	Run Intensity: Easy Time: 60 Minutes Swim Time: 30 minutes Intensity: Easy
10	Swim Intensity: Moderate Time: 60 minutes Strength Time: 30 minutes	Bike Intensity: Moderate Time: 60 minutes Run Intensity: Moderate Time: 30 minutes optional brick	Swim Intensity: Moderate Time: 60 minutes Strength Time: 30 minutes	Bike Intensity: Moderate Time: 60 minutes Run Intensity: Moderate Time: 60 minutes	OFF	Bike Intensity: Easy Time: 195 minutes 30 minute brick run	Run Intensity: Easy Time: 75 Minutes Swim Time: 30 minutes Intensity: Easy
11	Swim Intensity: Moderate Time: 60 minutes Strength Time: 30 minutes	Bike Intensity: Moderate Time: 60 minutes Run Intensity: Moderate Time: 30 minutes optional brick	Swim Intensity: Moderate Time: 60 minutes Strength Time: 30 minutes	Bike Intensity: Moderate Time: 60 minutes Run Intensity: Moderate Time: 60 minutes	OFF	Bike Intensity: Easy Time: 195 minutes 30 minute brick run	Run Intensity: Easy Time: 105 Minutes Swim Time: 30 minutes Intensity: Easy

24 WEEK FULL IRONMAN PLAN

<p>12</p>	<p>Swim Intensity: Moderate Time: 75 minutes Strength Time: 30 minutes</p>	<p>Bike Intensity: Moderate Time: 60 minutes Run Intensity: Moderate Time: 45 minutes</p>	<p>Swim Intensity: Moderate Time: 75 minutes Strength Time: 30 minutes</p>	<p>Bike Intensity: Moderate Time: 60 minutes Run Intensity: Moderate Time: 30 minutes as brick</p>	<p>OFF</p>	<p>Bike Intensity: Easy Time: 150 minutes</p>	<p>Run Intensity: Easy Time: 60 Minutes Swim Time: 30 minutes Intensity: Easy</p>
<p>13</p>	<p>Swim Intensity: Moderate Time: 60 minutes Strength Time: 30 minutes</p>	<p>Bike Intensity: Moderate Time: 75 minutes Run Intensity: Moderate Time: 30 minutes optional brick</p>	<p>Swim Intensity: Moderate Time: 60 minutes Strength Time: 30 minutes</p>	<p>Bike Intensity: Moderate Time: 60 minutes Run Intensity: Moderate Time: 60 minutes</p>	<p>OFF</p>	<p>Bike Intensity: Easy Time: 240 minutes 30 minute brick run</p>	<p>Run Intensity: Easy Time: 105 Minutes Swim Time: 30 minutes Intensity: Easy</p>
<p>14</p>	<p>Swim Intensity: Moderate Time: 60 minutes Strength Time: 30 minutes</p>	<p>Bike Intensity: Moderate Time: 75 minutes Run Intensity: Moderate Time: 30 minutes optional brick</p>	<p>Swim Intensity: Moderate Time: 75 minutes Strength Time: 30 minutes</p>	<p>Bike Intensity: Moderate Time: 60 minutes Run Intensity: Moderate Time: 60 minutes</p>	<p>OFF</p>	<p>Bike Intensity: Easy Time: 210 minutes 30 minute brick run</p>	<p>Run Intensity: Easy Time: 105 Minutes Swim Time: 30 minutes Intensity: Easy</p>

24 WEEK FULL IRONMAN PLAN

<p>15</p>	<p>Swim Intensity: Moderate Time: 75 minutes Strength Time: 30 minutes</p>	<p>Bike Intensity: Moderate Time: 60 minutes Run Intensity: Moderate Time: 30 minutes optional brick</p>	<p>Swim Intensity: Moderate Time: 75 minutes Strength Time: 30 minutes</p>	<p>Bike Intensity: Moderate Time: 60 minutes Run Intensity: Moderate Time: 60 minutes</p>	<p>OFF</p>	<p>Bike Intensity: Easy Time: 210 minutes</p>	<p>Run Intensity: Easy Time: 75 Minutes Swim Time: 30 minutes Intensity: Easy</p>
<p>16</p>	<p>Swim Intensity: Moderate Time: 60 minutes Strength Time: 30 minutes</p>	<p>Bike Intensity: Moderate Time: 75 minutes Run Intensity: Moderate Time: 30 minutes optional brick</p>	<p>Swim Intensity: Moderate Time: 75 minutes</p>	<p>Bike Intensity: Moderate Time: 60 minutes Run Intensity: Moderate Time: 60 minutes</p>	<p>OFF</p>	<p>Bike Intensity: Easy Time: 270 minutes 30 minute brick run</p>	<p>Run Intensity: Easy Time: 165 Minutes Swim Time: 30 minutes Intensity: Easy</p>

24 WEEK FULL IRONMAN PLAN

<p>17</p>	<p>Swim Intensity: Moderate Time: 75 minutes Strength Time: 30 minutes</p>	<p>Bike Intensity: Moderate Time: 75 minutes Run Intensity: Moderate Time: 30 minutes optional brick</p>	<p>Swim Intensity: Moderate Time: 75 minutes</p>	<p>Bike Intensity: Moderate Time: 75 minutes Run Intensity: Moderate Time: 60 minutes</p>	<p>OFF</p>	<p>Bike Intensity: Easy Time: 285 minutes 30 minute brick run</p>	<p>Run Intensity: Easy Time: 135 Minutes Swim Time: 30 minutes Intensity: Easy</p>
<p>18</p>	<p>Swim Intensity: Moderate Time: 75 minutes Strength Time: 30 minutes</p>	<p>Bike Intensity: Moderate Time: 90 minutes Run Intensity: Moderate Time: 30 minutes optional brick</p>	<p>Swim Intensity: Moderate Time: 75 minutes</p>	<p>Run Intensity: Moderate Time: 60 minutes</p>	<p>OFF</p>	<p>Bike Intensity: Easy Time: 240 minutes</p>	<p>Run Intensity: Easy Time: 135 Minutes Swim Time: 30 minutes Intensity: Easy</p>

24 WEEK FULL IRONMAN PLAN

<p>19</p>	<p>Swim Intensity: Moderate Time: 75 minutes Strength Time: 30 minutes</p>	<p>Bike Intensity: Moderate Time: 75 minutes Run Intensity: Moderate Time: 30 minutes optional brick</p>	<p>Swim Intensity: Moderate Time: 75 minutes</p>	<p>Bike Intensity: Moderate Time: 75 minutes Run Intensity: Moderate Time: 60 minutes</p>	<p>OFF</p>	<p>Bike Intensity: Easy Time: 225 minutes 30 minute brick run</p>	<p>Run Intensity: Easy Time: 180 Minutes Swim Time: 30 minutes Intensity: Easy</p>
<p>20</p>	<p>Swim Intensity: Moderate Time: 60 minutes Strength Time: 30 minutes</p>	<p>Bike Intensity: Moderate Time: 75 minutes Run Intensity: Moderate Time: 30 minutes optional brick</p>	<p>Swim Intensity: Moderate Time: 75 minutes</p>	<p>Bike Intensity: Moderate Time: 60 minutes Run Intensity: Moderate Time: 60 minutes</p>	<p>OFF</p>	<p>Bike Intensity: Easy Time: 345 minutes 15 minute brick run</p>	<p>Run Intensity: Easy Time: 120 Minutes Swim Time: 30 minutes Intensity: Easy</p>

24 WEEK FULL IRONMAN PLAN

<p>21</p>	<p>Swim Intensity: Moderate Time: 75 minutes Strength Time: 30 minutes</p>	<p>Bike Intensity: Moderate Time: 60 minutes Run Intensity: Moderate Time: 30 minutes optional brick</p>	<p>Swim Intensity: Moderate Time: 75 minutes</p>	<p>Bike Intensity: Moderate Time: 60 minutes Run Intensity: Moderate Time: 60 minutes</p>	<p>OFF</p>	<p>Bike Intensity: Easy Time: 255 minutes</p>	<p>Run Intensity: Easy Time: 90 Minutes Swim Time: 45 minutes Intensity: Easy</p>
<p>22</p>	<p>Swim Intensity: Moderate Time: 75 minutes Strength</p>	<p>Bike Intensity: Moderate Time: 60 minutes Run Intensity: Moderate Time: 30 minutes optional brick</p>	<p>Swim Intensity: Moderate Time: 75 minutes</p>	<p>Bike Intensity: Moderate Time: 60 minutes Run Intensity: Moderate Time: 75 minutes</p>	<p>OFF</p>	<p>Bike Intensity: Easy Time: 255 minutes 30 minute brick run</p>	<p>Run Intensity: Easy Time: 120 Minutes Swim Time: 30 minutes Intensity: Easy</p>

24 WEEK FULL IRONMAN PLAN

<p>23</p>	<p>Swim Intensity: Moderate Time: 60 minutes Strength</p>	<p>Bike Intensity: Moderate Time: 60 minutes Run Intensity: Moderate Time: 30 minutes optional brick</p>	<p>Swim Intensity: Moderate Time: 60 minutes</p>	<p>Bike Intensity: Moderate Time: 60 minutes Run Intensity: Moderate Time: 75 minutes</p>	<p>OFF</p>	<p>Bike Intensity: Easy Time: 150 minutes 15 minute brick run</p>	<p>Run Intensity: Easy Time: 90 Minutes Swim Time: 30 minutes Intensity: Easy</p>
<p>24</p>	<p>Swim Intensity: Moderate Time: 45 minutes Strength</p>	<p>Bike Intensity: Moderate Time: 60 minutes Run Intensity: Moderate Time: 40 minutes</p>	<p>Swim Intensity: Moderate Time: 30 minutes</p>	<p>Bike Intensity: Moderate Time: 60 minutes Run Intensity: Moderate Time: 20 minutes</p>	<p>Bike Intensity: Easy Time: 40 minutes Swim Intensity: Easy Time: 30 minutes</p>	<p>Run Intensity: Moderate Time: 30 minutes</p>	<p>RACE DAY!</p>

24 WEEK FULL IRONMAN PLAN

total			
swim	bike	run	strength
2.5hrs	3.5 hrs	2.5 hrs	1.5 hrs

24 WEEK FULL IRONMAN PLAN

24 WEEK FULL IRONMAN PLAN

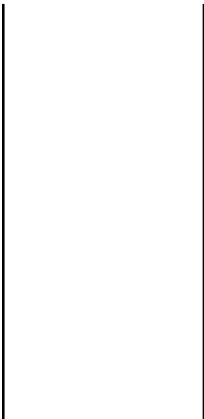
24 WEEK FULL IRONMAN PLAN

24 WEEK FULL IRONMAN PLAN

24 WEEK FULL IRONMAN PLAN

24 WEEK FULL IRONMAN PLAN

24 WEEK FULL IRONMAN PLAN



24 WEEK FULL IRONMAN PLAN

--	--

24 WEEK FULL IRONMAN PLAN

--	--