

Sample – 24 Hr Ironman Training Program

Phase: Strength Endurance (Week 7)

Wednesday

AM -Swim: Warm up 200m easy at 50-60%, then 12 x 50m progressive build (each effort) with 10s rest between. Main set (freestyle): a) 800m with pull buoy b) 2 x 400m with pull buoy and paddles c) 4 x 200m with pull buoy, paddles, and band. All efforts completed at 75-80% with a 15s rest interval. 6 x 100m LNS at 70-80% with 10s rest. Cool down 400m easy as per warm up.

PM -Bike: 30 minutes warm up at 55-60%, then: 6 x 6 min efforts at 75% on an undulating course. Cadence 85-90. 3 minutes easy spinning (100+ rpm) between efforts at 60%. Cool down 30 minutes at 55-60%.

Note: All general programs contain specific technique drills for swimming, cycling, and running. They also contain a triathlon-specific strength training and core stability routine.

Club Members: If you are a member of any triathlon club listed on our triathlon links page, you are entitled to a 10% discount off any general program. Simply contact us with proof of membership when placing an order.