

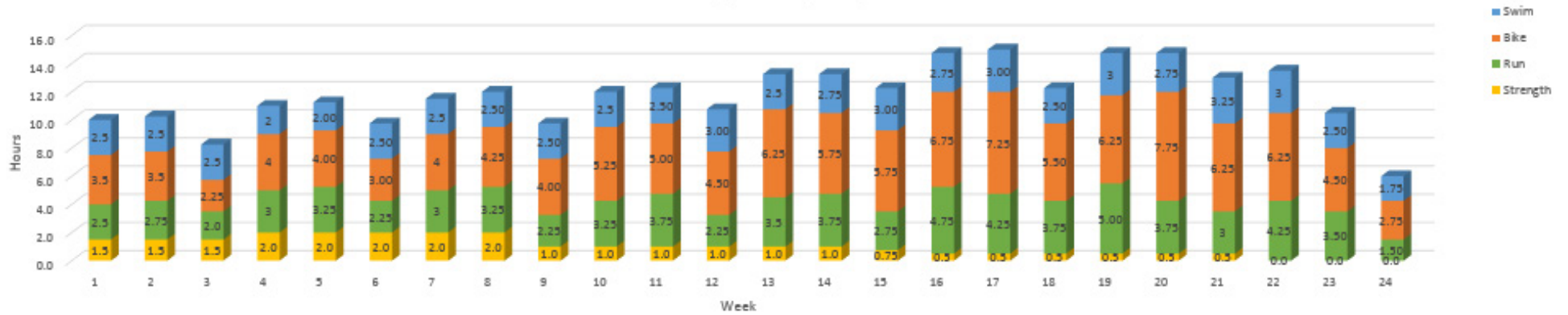


RUN | Novice IRONMAN 24 week Training Plan



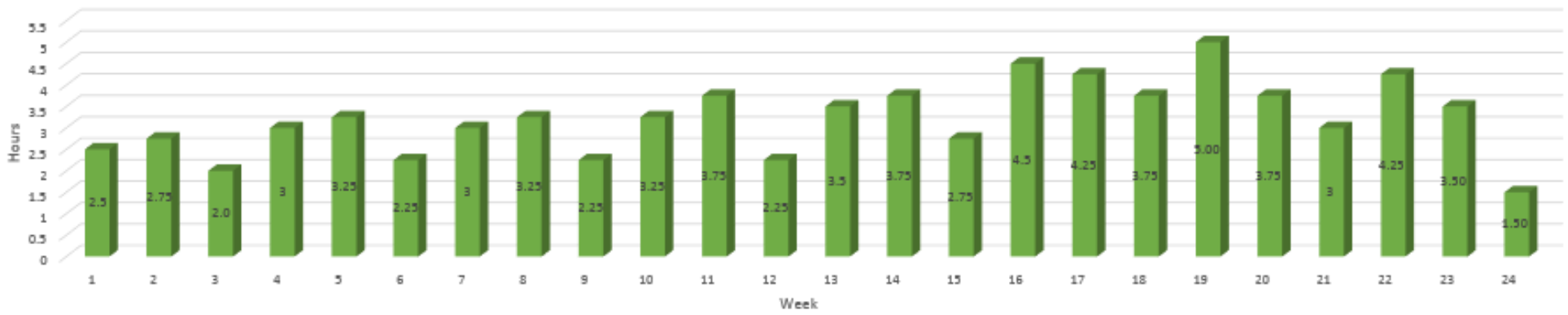
Percentage Running

Total Weekly Hours by Discipline



Run Progression

Run Hours per Week





RUN | Novice IRONMAN 24 week Training Plan



* = higher intensity key session

E = endurance key session

Microcycle 1 -GP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	% VOLUME
Session 1	OFF	RU- 00:40 [3] *	SW- 01:00 [3] *	BI- 01:00 [3] *	SW- 01:00 [2] -E	BI- 01:30 [2]-E	RU- 01.00 [2]-E	SWIM	2.5	3	25%
Session 2		BI- 01:00 [1-2]	SC- 00:45 (S&E)	RU-00:20 [2]	RU- 00:30 [2]	SC- 00:45 (S&E)	SW- 00.30 [2]	BIKE	3.5	3	35%
								RUN	2.5	4	25%
								STRENGTH	1.5	2	15%
Zone 2									10	12	100%
Microcycle 2-GP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	% VOLUME
Session 1	OFF	RU- 00.40 [3] *	SW- 01.00 [3] *	BI- 01.00 [3] *	SW- 01.00 [2] -E	BI- 01.30 [2]-E	RU- 01.15 [2]-E	SWIM	2.5	3	24%
Session 2		BI- 01.00 [1-2]	SC- 00.45 (S&E)	RU-00.20 [2]	RU- 00.30 [2]	SC- 00.45 (S&E)	SW- 00.30 [2]	BIKE	3.5	3	34%
								RUN	2.75	4	27%
								STRENGTH	1.5	2	15%
Zone 2									10.25	12	100%
Microcycle 3 -GP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	% VOLUME



RUN | Novice IRONMAN 24 week Training Plan



Session 1	OFF	RU- 00.40 [3] *	SW- 01.00 [3] *	BI- 01.00 [3] *	SW- 01.00 [2] -E	BI- 01.15 [2]-E	RU- 01.00 [2]-E	SWIM	2.5	3	30%
Session 2			SC- 00.45 (S&E)	RU-00.20 [2]		SC 00: 45 (S&E)	SW- 00.30 [2]	BIKE	2.25	2	27%
								RUN	2	3	24%
								STRENGTH	1.5	2	18%
Zone 2									8.25	10	100%
Microcycle 4 -GP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	% VOLUME
Session 1	OFF	RU- 00.45 [3-4]*	SW- 01.00 [3] *	BI- 01.00 [3] *	SW- 01.00 [2]-E	BI- 02.00 [2]-E	RU- 01.15 [2]-E	SWIM	2	2	18%
Session 2		BI- 01.00 [2]	SC- 01.00 (S&E)	RU-00.30 [2] (Optional as a brick)	RU- 00.30 [2]	SC- 01.00 (S&E)		BIKE	4	3	36%
								RUN	3	4	27%
								STRENGTH	2	2	18%
Zone 2-3									11	11	100%



RUN | Novice IRONMAN 24 week Training Plan



Microcycle 5-GP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	% VOLUME
Session 1	OFF	RU- 00.45 [3]*	SW- 01.00 [3]*	BI- 01.00 [3]*	SW- 01.00 [2]-E	BI- 02.00 [2]-E	RU- 01.30 [2]-E	SWIM	2	2	18%
Session 2		BI- 01.00 [2]	SC- 01.00 (S&E)	RU-00.30 [2] (Optional as a brick)	RU- 00.30 [2]	SC- 01.00 (S&E)		BIKE	4	3	36%
								RUN	3.25	4	29%
								STRENGTH	2	2	18%
Zone 2									11.25	11	100%
Microcycle 6 -GP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	% VOLUME
Session 1	OFF	RU- 00.45 [3]*	SW- 01.00 [3]*	BI- 01.15 [3]*	SW- 01.00 [2]-E	BI- 01.45 [2]-E	RU- 01.00 [2]-E	SWIM	2.5	3	26%
Session 2			SC- 01.00 (S&E)	RU-00.30 [2] (Optional as a brick)		SC 1:00 (S&E)	SW- 00.30 [2]	BIKE	3	2	31%
								RUN	2.25	3	23%
								STRENGTH	2	2	21%
Zone 2									9.75	10	100%



RUN | Novice IRONMAN 24 week Training Plan



Microcycle 7-GP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	% VOLUME
Session 1	SC - 01:00 (MS)	RU- 00.45 [3-4]*	SW- 01.00 [3]*	BI- 01.00 [3]*	SW- 01.00 [2]-E	BI- 02.00 [2]-E	RU- 01.15 [2]-E	SWIM	2.5	3	22%
Session 2		BI- 01.00 [2]		RU-00.30 [2] (Optional as a brick)	SC- 01:00 (MS)	RU- 00:30 [2] (Brick)	SW- 00.30 [2]	BIKE	4	3	35%
								RUN	3	4	26%
								STRENGTH	2	2	17%
Zone 2-3									11.5	12	100%
Microcycle 8-GP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	% VOLUME
Session 1	SC - 01:00 (MS)	RU- 00.45 [4]*	SW- 01.00 [4]*	BI- 01.00 [4]*	SW- 01.00 [2-3]-E	BI- 02.15- [2-3]-E	RU- 01.30 [2-3]-E	SWIM	2.5	3	21%
Session 2		BI- 01.00- [2]		RU-00.30 [2] (Optional as a brick)	SC- 01:00 (MS)	RU- 00:30 [2] Brick	SW- 00.30 [2]	BIKE	4.25	3	35%
								RUN	3.25	4	27%
								STRENGTH	2	2	17%
Zone 3									12	12	100%



RUN | Novice IRONMAN 24 week Training Plan

Microcycle 9-GP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	% VOLUME
Session 1	OFF	RU- 00.45 [3]*	SW- 01.00 [3]*	BI- 01.15 [3]*	SW- 01.00 [2-3]-E	BI- 02.45 [2-3]-E	RU- -01.00 [2-3]-E	SWIM	2.5	3	26%
Session 2			SC- 00:30 (MS)	RU-00.30 [2] (Optional as a Brick)	SC 00:30 (MS)		SW- 00.30 [2]	BIKE	4	2	41%
								RUN	2.25	3	23%
								STRENGTH	1	2	10%
Zone 2-3									9.75	10	100%
Microcycle 10-SP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	% VOLUME
Session 1	SC - 00:30 (MS)	RU- 00.40 [4]*	SW- 01.00 [4]*	BI- 01.00 [4]*	SW- 01.00 [2-3]-E	BI- 03.15 [2-3]-E	RU- 01.45 [2-3]-E	SWIM	2.5	3	21%
Session 2		BI- 01.00 [2]		RU-00.30 [2] (Optional as a brick)	SC- 00:30 (MS)	RU- 00:20 [3] (Brick)	SW- 00:30 [2]	BIKE	5.25	3	44%
								RUN	3.25	4	27%
								STRENGTH	1	2	8%
Zone 3									12	12	100%



RUN | Novice IRONMAN 24 week Training Plan



Microcycle 11-SP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	% VOLUME
Session 1	SC - 00:30 (MS)	RU- 00.45 [4]*	SW- 01.00 [4]*	BI- 01.15 [4]*	SW- 01.00 [2-3]-E	BI- 02.45 [2-3]-E	RU- 02.00 [2-3]-E	SWIM	2.5	3	20%
Session 2		BI- 01.00 [2]		RU-00.30 [2] (Optional as a Brick)	SC- 00:30 (MS)	RU- 00:30 [3] (Brick)	SW- 00.30 [2]	BIKE	5	3	41%
								RUN	3.75	4	31%
								STRENGTH	1	2	8%
Zone 3									12.25	12	100%
Microcycle 12-SP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	% VOLUME
Session 1	OFF	RU- 00:45 [3]*	SW- 01:00 [3]*	BI- 01:30 [3]*	SW- 01:15 [2-3]-E	BI- 03:00 [2-3]-E	RU- 01:00 [2-3]-E	SWIM	3	3	28%
Session 2			SC- 00:30 (MS)	RU-00:30 [2] (Optional as a brick)	SC 00:30 (MS)		SW- 00:45 [2]	BIKE	4.5	2	42%
								RUN	2.25	3	21%
								STRENGTH	1	2	9%
Zone 2-3									10.75	10	100%



RUN | Novice IRONMAN 24 week Training Plan



Microcycle 13-SP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	% VOLUME
Session 1	SC - 00:30 (Pwr)	RU- 01.00 [3-4] *	SW- 01.00 [3-4] *	BI- 01.15 [3-4] *	SW- 01.00 [2-3]-E	BI- 04:00 [2-3]-E	RU- 01:30 [2-3]-E	SWIM	2.5	3	19%
Session 2		BI- 01.00 [2]		RU-00.30 [2] (Optional as a brick)	SC- 00:30 (Pwr)	RU- 00:30 [3] (Brick)	SW- 00.30 [2]	BIKE	6.25	3	47%
								RUN	3.5	4	26%
								STRENGTH	1	2	8%
Zone 3									13.25	12	100%
Microcycle 14-SP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	% VOLUME
Session 1	SC - 00:30 (Pwr)	RU- 01.00 [4]*	SW- 01.00 [4]*	BI- 01:15 [4]*	SW- 01:15 [2-3]-E	BI- 04:00 [2-3]-E	RU- 2:15 [2-3]-E	SWIM	2.75	3	21%
Session 2		BI- 01.00 [2]		RU-00:30 [3] (Optional as a brick)	SC- 00:30 (Pwr)		SW- 00.30 [2]	BIKE	5.75	3	43%
Session 3								RUN	3.75	4	28%
								STRENGTH	1	2	8%
Zone 3									13.25	12	100%



RUN | Novice IRONMAN 24 week Training Plan



Microcycle 15-SP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	% VOLUME
Session 1	OFF	RU- 00:40 [4]*	SW- 01:00 [4]*	BI- 01:30 [4]*	SW- 01:15 [2-3]-E	SW- 00:45- [IM Race Pace]	RU- 01:15 [2-3]-E	SWIM	3	3	24%
Session 2			SC- 00.45 (Pwr)	RU-00.30 S [2-3] (Optional as a Brick)		BI- 04:00- Comb-E [IM Race Pace]		BIKE	5.75	2	47%
Session 3						RU- 00:20 - Comb		RUN	2.75	4	22%
								STRENGTH	0.75	2	6%
Zone 2-3									12.25	11	100%
Microcycle 16-Pre	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	% VOLUME
Session 1	SC - 00:30 (Maint)	RU- 01.00 [4]*	SW- 01.00 [4]*	BI- 01:15 [4]*	SW- 01:15 [3]-E	BI- 04:30 [3]-E	RU- 2:30 [3]-E	SWIM	2.75	3	19%
Session 2			BI- 01.00 [2]	RU-00.30 [2-3]		RU- 00:30 [3-4] (Brick)	SW- 00:30 [2]	BIKE	6.75	3	47%
								RUN	4.5	4	31%
								STRENGTH	0.5	1	3%
Zone 3-4									14.5	11	100%



RUN | Novice IRONMAN 24 week Training Plan



Microcycle 17-Pre	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	% VOLUME
Session 1	SC - 00:30 (Maint)	RU- 01.00 [4]*	SW- 01.15 [4]*	BI- 01.15 [4] *	SW- 01.15 [3]-E	BI- 05.00 [3]-E	RU- 2:30 [3]-E	SWIM	3	3	20%
Session 2			BI- 01.00 [2]	RU-00.30 [2-3]		RU- 00.15 [3-4] (Brick)	SW- 00:30 [2]	BIKE	7.25	3	48%
								RUN	4.25	4	28%
								STRENGTH	0.5	1	3%
Zone 3-4									15	11	100%
Microcycle 18-C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	% VOLUME
Session 1	OFF	RU- 00.45 [3-4]*	SW- 01.00 [3-4]*	BI- 01.15 [3-4]*	SW- 01.30 L [2-3]-E	BI- 04:20 L [2-3]-E	RU- 01.45 L [2-3]-E	SWIM	2.5	2	20%
Session 2		SC- 00.30 (Maint)		RU-00.30 [2-3]		RU- 00.45 L [3] (Brick)		BIKE	5.5	2	45%
								RUN	3.75	4	31%
								STRENGTH	0.5	1	4%
Zone 3									12.25	9	100%



RUN | Novice IRONMAN 24 week Training Plan



Microcycle 19-C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	% VOLUME
Session 1	SW- 00:45 [2]	RU- 01:15 * [4]	SW- 01.15 [4] *	BI- 01.15 [4] *	SW- 01:00 L [3-4]-E	BI- 04:30-E L [3-4]	RU- 2:30/00:30 -E L [2 progress to 3-4]	SWIM	3	3	20%
Session 2	SC - 00:30 (Maint)	BI- 01.00 [2]		RU-00.30 S [3-4] (Optional as a brick)		RU- 00.15 S [3-4] (Brick)		BIKE	6.25	3	42%
								RUN	5	4	34%
High Run Week								STRENGTH	0.5	1	3%
Zone 3-4									14.75	11	100%
Microcycle 20-C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	% VOLUME
Session 1	SW - 00:30[2]	BI- 01.00 [1-2]	SW- 01.00 [4]*	BI- 01.15 [3-4]*	SW- 01.15 [3]-E	BI- 05.30 -E [L2 progressing to 3-4]	RU- 2.15 L [3-4]-E	SWIM	2.75	3	19%
Session 2			RU- 00.45 - no speed run as need	RU-00.30 S [3-4] Brick	SC 00:30 (Maint)	RU- 00.15 S [3-4] (Brick)		BIKE	7.75	3	53%
								RUN	3.75	4	25%
High Bike Week								STRENGTH	0.5	1	3%
Zone 3-4									14.75	11	100%



RUN | Novice IRONMAN 24 week Training Plan



Microcycle 21-C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	% VOLUME
Session 1	SW- 01:00 [3]*	RU- 00:45 [3] *	BI- 01:00 [3]*	BI- 01:15 [2]	SW- 01:30 [3-4]-E	SW- 00:45 [2]	RU- 01:45 L [3 or 3-4]-E	SWIM	3.25	3	25%
Session 2				RU-00:30 S [3] Brick	SC 00:30 (Maint)	BI- 04:00 [3 or 3-4]-E		BIKE	6.25	3	48%
								RUN	3	3	23%
High Swim Week								STRENGTH	0.5	1	4%
Zone 3									13	10	100%
Microcycle 22-C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	% VOLUME
Session 1	SW - 01:00 [2-3]-E	BI- 01:15 [3-4]*	SW- 01:15 [3]*	RU- 01:15 [3]	OFF	SW- 00:45 [3]	RU- 2:00 L [3-4]-E	SWIM	3	3	22%
Session 2		RU- 00:30 S [4] * Brick	BI- 01:00 [2-3]			BI- 04:00 [3]-E		BIKE	6.25	3	46%
Session 3						RU- 00:30 S [3-4]		RUN	4.25	4	31%
								STRENGTH	0	0	0%
Zone 3-4									13.5	10	100%



RUN | Novice IRONMAN 24 week Training Plan

Microcycle 23-C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	% VOLUME
Session 1	SW - 00:45 [2-3]	BI- 01:00 [3-4]*	SW- 01:00 [3-4]*	RU- 01.00 [3-4]*	SW- 00:45 [3-4]-E	BI-2:30 [3]-E	RU- 1:30 L [3]-E	SWIM	2.5	3	24%
Session 2		RU- 00:30 [3]* Brick	BI- 01:00 [2-3]			RU- 00:30 [3]		BIKE	4.5	3	43%
								RUN	3.5	4	33%
								STRENGTH	0	0	0%
Zone 3 -4	increase volume of swimming if time available								10.5	10	100%
Microcycle 24-C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	% VOLUME
Session 1	SW- 00.45 [2-3]	BI- 01.00 [3]	SW- 00:30 [3-4]	RU- 00:40 M [2-3]	SW- 00:30 [2-3]	RU- 00:20 S [2]	RACE	SWIM	1.75	3	29%
Session 2		RU- 00.30 S [2-3]	BI- 01.00 [2-3]		BI- 00:45 [2-3]			BIKE	2.75	3	46%
								RUN	1.5	3	25%
								STRENGTH	0	0	0%
Zone 3									6	9	100%