



▶ TRAINING PLAN

# Winter workouts for Ironman

Ease back into regular winter Ironman workouts with Phil Mosley's six-week training plan

**H**oping to do an Ironman next summer? Even though that seems a long time away, it's time you said goodbye to Sunday morning lie-ins and started training consistently. You don't need to be running a marathon before breakfast, but you do need to establish yourself in a solid training routine. Ease into it gently then build up the key sessions gradually, month by month. This way your fitness will increase at a steady rate and you won't feel like you're killing yourself in the process.

This training plan allows you to achieve exactly that. There are sessions to do from Monday to Sunday, but you can swap the days around. The key thing is to do most of the workouts consistently each week while allowing time to recover. We recommend starting this plan about seven months before your target race.

At this time of year, not only do you need to train regularly but you also need to work on some triathlon fundamentals. This means seeking out some swim technique coaching, having your running style analysed



**Goal**  
An Ironman in seven months – part one

**Timescale**  
6 weeks

**Start point**  
Cycle 2 hours  
Run 1 hour  
Swim 800m

**Level**  
Intermediate to advanced

(try [runningschool.co.uk](http://runningschool.co.uk)) and getting a bike fit if you've never had one before. Do these things over the next two months and you'll see real benefits on race day.

There's an ever-increasing body of evidence indicating that improvements in strength and conditioning lead to faster swim, bike and run performances. So I've included two sessions per week. You can see step by step instructions on page 10 of Training Zone.

Ironman training is best suited to intermediate or advanced triathletes, rather than beginners. This training plan eats up around 12 hours per week and is designed for people with a full-time job. If you have extra time, add an hour to the beginning and end of the mid-week rides. An extra swim would help too.

For simplicity's sake the swims are given as Main Set only. In addition you should incorporate a warm up and warm down too. So at the beginning of your swims include a few hundred metres of front crawl, drills, backstroke and kicking. For your warm downs, do at least five minutes of gentle swimming. Check out the Key and Training Zones Guide (left) to understand the abbreviations.

**6 WEEK PLAN TRAINING ZONES GUIDE**

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

**KEY**  
**WU** Warm up, **MAIN** Main set, **WD** Warm down, **FC** Front crawl, **PULL** Front crawl with a pull-buoy float between your thighs, **KICK** Kick with a float held out in front, **Z1** Training Zone 1, **Z2** Training Zone 2 **Z3** Training Zone 3, **Z4** Training Zone 4, **Z5** Training Zone 5, **DRILL** Your preference of swim technique drill, **BUILD** do each rep slightly faster than the previous

Photo: Jesse Wild



	DAY	ESSENTIAL WORKOUT		OPTIONAL WORKOUT
WEEK 1	Mon	Swim (recovery)	<b>MAIN</b> All in Z2 with 30secs rests: 500m FC, 400m as (25m KICK, 50m FC), 300m PULL, 200m alternating (25m DRILL/25m FC)	<b>RECOVERY</b>
	Tue	Bike (strength)	<b>WU</b> 10mins in Z2, 2mins in Z3 <b>MAIN</b> 4x7mins in Z3 at low cadence (60rpm) +2mins recoveries <b>WD</b> 5mins in Z1	Strength <b>MAIN</b> See Training Zone p10. Plank, bridge, hamstring curl, superman, side plank, squat, lunge, calf raise
	Wed	Swim (endurance)	<b>MAIN</b> All with 5secs rests: 250m FC Z1, 50m FC Z3, 200m FC Z1, 100m FC Z3, 150m FC Z1, 150m FC Z3, 100m FC Z1, 200m FC Z3, 50m FC Z1, 250m FC Z3	Run (speed) <b>WU</b> 10mins in Z2, 60secs in Z4 <b>MAIN</b> 3x(6x200m) in Z4 to Z5 with 20secs rest between reps and 3mins between sets <b>WD</b> 5mins in Z1
	Thur	Bike (speed)	<b>WU</b> 10mins in Z2, 5mins alternating (20secs in Z5, 40secs in Z1) <b>MAIN</b> 6x3mins in Z4 with 2mins recoveries <b>WD</b> 5mins in Z1	Strength See Training Zone p10. Plank, bridge, hamstring curl, superman, side plank, squat, lunge, calf raise
	Fri	Swim (speed)	<b>MAIN</b> 8x50m FC BUILD +15secs rests, 4x200m, FC Z4 +60secs rests	<b>RECOVERY</b>
	Sat	Bike (endurance)	Ride in Z2, road or MTB for 2hrs. Consume 300 calories per hour	<b>RECOVERY</b>
	Sun	Run (endurance)	Off road if possible for 1hr. Run in Z2, but pick up the pace to Z3 for the last 10mins	<b>RECOVERY</b>
WEEK 2	Mon	Swim (recovery)	<b>MAIN</b> All in Z2 with 30secs rests: 400m as (25m KICK, 50m FC), 400m alternating (25m DRILL/25m FC), 400m PULL, 400m mixed strokes	<b>RECOVERY</b>
	Tue	Bike (strength)	<b>WU</b> 10mins in Z2, 2mins in Z3 <b>MAIN</b> 3x9mins in Z3 at low cadence (60rpm) +3mins recoveries <b>WD</b> 5mins in Z1	Strength See Training Zone p10. Plank, bridge, hamstring curl, superman, side plank, squat, lunge, calf raise
	Wed	Swim (endurance)	<b>MAIN</b> 400m PULL in Z3 +40secs rests, 2x200m FC Z3 +20secs rests, 2x150m PULL Z3 +15secs rests, 2x100m FC Z3 +10secs rests	Run (speed) <b>WU</b> 10mins in Z2, 60secs in Z4 <b>MAIN</b> 3x1,600m in Z4 with 3mins rests in Z1 <b>WD</b> 5mins in Z1
	Thur	Bike (speed)	<b>WU</b> 10mins in Z2, 5mins alternating (20secs in Z5, 40secs in Z1) <b>MAIN</b> 5x4mins in upper Z3 with 60secs recoveries <b>WD</b> 5mins in Z1	Strength See Training Zone p10. Plank, bridge, hamstring curl, superman, side plank, squat, lunge, calf raise
	Fri	Swim (speed)	<b>MAIN</b> 8x100m alternating (100m FC/100m PULL) Z4 +45secs rests	<b>RECOVERY</b>
	Sat	Bike (endurance)	Ride in Z2, road or MTB for 2hrs 15mins. Consume 300 calories per hour	<b>RECOVERY</b>
	Sun	Run (endurance)	Off road if possible for 1hr 10mins. Run in Z2, but pick up the pace to Z3 for the last 10mins	<b>RECOVERY</b>
WEEK 3	Mon		<b>RECOVERY</b>	<b>RECOVERY</b>
	Tue	Bike (strength)	<b>WU</b> 10mins in Z2, 2mins in Z3, 3mins in Z2 <b>MAIN</b> 2x15mins in Z3 at low cadence (60rpm) +3mins recovery <b>WD</b> 5mins in Z1	Strength See Training Zone p10. Plank, bridge, hamstring curl, superman, side plank, squat, lunge, calf raise
	Wed	Swim (endurance)	<b>MAIN</b> 4x200m FC in Z3 +30secs rests, 6x100m PULL in Z3 +15secs rests, 8x50m FC in Z3 +10secs rests	Run (speed) <b>WU</b> 10mins in Z2, 60secs in Z4 <b>MAIN</b> 2x(5x400m) in Z4 with 20secs rest between reps and 3mins between sets <b>WD</b> 5mins in Z1
	Thur	Bike (speed)	<b>WU</b> 10mins in Z2, 5mins alternating (20secs in Z5, 40secs in Z1) <b>MAIN</b> 7x2mins in Z5 with 2mins recoveries <b>WD</b> 5mins in Z1	Strength See Training Zone p10. Plank, bridge, hamstring curl, superman, side plank, squat, lunge, calf raise
	Fri	Swim (speed)	<b>MAIN</b> 4x100m FC BUILD +15secs rests, 6x100m PULL Z4 +45secs rests	<b>RECOVERY</b>
	Sat	Bike (endurance)	Ride in Z2, road or MTB for 2hrs 30mins. Consume 300 calories per hour	<b>RECOVERY</b>
	Sun	Run (endurance)	Off road if possible. Run in Z2 for 1hr 20mins, but pick up the pace to Z3 for the last 10mins	<b>RECOVERY</b>



	DAY		ESSENTIAL WORKOUT		OPTIONAL WORKOUT
WEEK 4	Mon	Swim (recovery)	<b>MAIN</b> All in Z2 with 30secs rests: 3x400m as (100m FC, 100m KICK, 100m PULL, 100m DRILL)		
	Tue	Bike (strength)	<b>WU</b> 10mins in Z2, 2mins in Z3, 3mins in Z2 <b>MAIN</b> 20mins, 10mins both in Z3 at low cadence (60rpm) +3mins recovery <b>WD</b> 5mins in Z1	Strength	See Training Zone p10. Plank, bridge, hamstring curl, superman, side plank, squat, lunge, calf raise
	Wed	Swim (endurance)	<b>MAIN</b> 300m PULL Z2, 4x100m FC Z3 +10secs rests, 200m PULL Z2, 3x100m FC Z3 +10secs rests, 200m KICK alternating (25m in Z2, 25m in Z3)	Run (speed)	<b>WU</b> 10mins in Z2, 60secs in Z4 <b>MAIN</b> 5x800m in Z4 with 30secs rests <b>WD</b> 5mins in Z1
	Thur	Bike (speed)	<b>WU</b> 10mins in Z2, 5mins alternating (20secs in Z5, 40secs in Z1) <b>MAIN</b> 7, 6, 5, 4, 3mins all in Z4 with 2mins recoveries <b>WD</b> 5mins in Z1	Strength	See Training Zone p10. Plank, bridge, hamstring curl, superman, side plank, squat, lunge, calf raise
	Fri	Swim (speed)	<b>MAIN</b> 4x(200m PULL Z2 +15secs rest, 4x50m FC Z5 +30secs rest)		RECOVERY
	Sat	Bike (endurance)	Ride in Z2, road or MTB for 2hrs 45mins. Consume 300 calories per hour		RECOVERY
	Sun	Run (endurance)	Off road if possible. Run in Z2 for 1hr 30mins, but pick up the pace to Z3 for the last 10mins		RECOVERY
WEEK 5	Mon	Swim (recovery)	<b>MAIN</b> All in Z2 with 30secs rests: 4x300m as (100m FC, 100m DRILL, 100m PULL)		RECOVERY
	Tue	Bike (strength)	<b>WU</b> 10mins in Z2, 2mins in Z3, 3mins in Z2 <b>MAIN</b> 25mins, 5mins both in Z3 at low cadence (60rpm) +3mins recovery <b>WD</b> 5mins in Z1	Strength	See Training Zone p10. Plank, bridge, hamstring curl, superman, side plank, squat, lunge, calf raise
	Wed	Swim (endurance)	<b>MAIN</b> 400m FC Z2 +20secs rest, 2x200m PULL Z3 +10secs rest, 300m FC Z2 +15secs rest, 2x150m PULL Z3 +10secs rest, 200m KICK alternating Z2, Z3	Run (speed)	<b>WU</b> 10mins in Z2, 60secs in Z4 <b>MAIN</b> 4x1,000m in Z4 with 30secs rests <b>WD</b> 5mins in Z1
	Thur	Bike (speed)	<b>WU</b> 10mins in Z2, 5mins alternating (20secs in Z5, 40secs in Z1) <b>MAIN</b> 8, 7, 6, 5 all in Z4 with 2mins recoveries <b>WD</b> 5mins in Z1	Strength	See Training Zone p10. Plank, bridge, hamstring curl, superman, side plank, squat, lunge, calf raise
	Fri	Swim (speed)	<b>MAIN</b> 4x150m FC BUILD +20secs rests, 100m KICK Z3, 4x100m PULL BUILD +15secs rests, 100m KICK Z3, 4x50m FC BUILD +10secs rests, 50m KICK Z3		RECOVERY
	Sat	Bike (endurance)	<b>MAIN</b> Ride in Z2 for 3hrs, road or MTB. Consume 300 calories per hour		RECOVERY
	Sun	Run (endurance)	<b>MAIN</b> Off road if possible. Run in Z2 for 1hr 40mins, but pick up the pace to Z3 for the last 10mins		RECOVERY
WEEK 6	Mon		RECOVERY		RECOVERY
	Tue	Bike (strength)	<b>WU</b> 10mins in Z2, 2mins in Z3, 3mins in Z2 <b>MAIN</b> 30mins in Z3 at low cadence (60rpm) <b>WD</b> 5mins in Z1	Strength	See Training Zone p10. Plank, bridge, hamstring curl, superman, side plank, squat, lunge, calf raise
	Wed	Swim (endurance)	<b>MAIN</b> 5x250m as (150m FC Z2, 50m FC Z4, 50m PULL Z2) +30secs rests	Run (speed)	<b>WU</b> 10mins in Z2, 60secs in Z4 <b>MAIN</b> 3x1,600m in Z4 with 45secs rests <b>WD</b> 5mins in Z1
	Thur	Bike (speed)	<b>WU</b> 10mins in Z2, 5mins alternating (20secs in Z5, 40secs in Z1) <b>MAIN</b> 3x9mins in Z4 with 2mins recoveries <b>WD</b> 5mins in Z1	Strength	See Training Zone p10. Plank, bridge, hamstring curl, superman, side plank, squat, lunge, calf raise
	Fri	Swim (speed)	<b>MAIN</b> 3x100m FC Z4 +30secs rests, 300m PULL Z2, 2x100m FC Z4 +30secs rests, 200m PULL Z2, 100m FC Z4 +30secs rest, 100m PULL Z2,		RECOVERY
	Sat	Bike (endurance)	<b>MAIN</b> Ride in Z2, road or MTB, for 3hrs 15mins. Consume 300 calories per hour		RECOVERY
	Sun	Run (endurance)	<b>MAIN</b> Off road if possible, for 1hr 50mins. Run in Z2, but pick up the pace to Z3 for the last 10mins		RECOVERY