

This **16 week Ironman training program** is designed for the triathlete who has competed in several Olympic distance and half Ironman races. It also takes into consideration that you can run 1 hour with relative ease; swim 5000 yards per week, and bike 25-30 miles 3 times per week. An Ironman is definitely a challenge, but is definitely doable; you just have to train and race smart!

If you are like most people (you have a full time job, family life, and many other responsibilities) then this Ironman training plan was written for you! Training consists of 1 workout per day during the week, 1 long workout on the weekend (includes two disciplines) and Sunday off. Training cycles through 3 weeks building of a specific phase and then 1 week recovery. Each week you rotate through disciplines. This means that you have one extra swim the first week, one extra bike the second week, and one extra run (or longer run) the third week. Then you start over. Finally, the long bike and long runs are rotated every other weekend. All of these training concepts are built in to allow your body to recover quickly after each training session.

Some words of encouragement: If you miss a workout or have to shorten it - that is OK! This program is the ideal. We all know daily life is not ideal all the time! But, consistent training on a weekly and monthly basis will help you feel very confident on race day!

There are several notes included at the bottom of the training program to help you. Please read them before starting the program. You will also find several swimming warm-up examples for you to use with the weekly swim workouts.

For more information on Allen and his coaching services, visit his website at: [www.milehighmultisport.com](http://www.milehighmultisport.com)