

	Monday		Tuesday	Wed	Thursday		Friday	Saturday		Sunday	
	Big Bike Gears	Swim Cadence	Run Distance	Rest	Bike Cadence	Swim Drills	Run Cadence	Bike Distance	Run Cadence	Run Cadence	Swim Distance
3/12/07	B15 (:50)	S (0:45)	R7 (1:10)		B15 (:50)	S (0:30)	R3 (0:24)	B20 (1:10)	N/A		1000M
3/19/07	B20 (1:10)	S (0:45)	R7 (1:10)		B20 (1:10)	S (0:30)	R3 (0:24)	B25 (1:25)	N/A	R3 (:24)	1100M
3/26/07	B20 (1:10)	S (0:45)	R7 (1:10)		B20 (1:10)	S (0:30)	R4 (0:32)	B30 (1:40)	N/A	R3 (:24)	1200M
4/2/07	B10 (0:30)	S (0:45)	R7 (1:10)		B20 (1:10)	S (0:30)	R4 (0:32)	B30 (1:40)	N/A	R3 (:24)	1300M
4/9/07	B15 (0:45)	S (0:45)	R8 (1:20)		B20 (1:10)	S (0:30)	R4 (0:32)	B30 (1:40)	N/A	R3 (:24)	1400M
4/16/07	B15 (0:45)	S (0:45)	R8 (1:20)		B20 (1:10)	S (0:30)	R5 (0:40)	B35 (1:55)	R4 (:40)	R4 (:32)	1500M
4/23/07	B15 (0:45)	S (0:45)	R8 (1:20)		B20 (1:10)	S (0:30)	R5 (0:40)	B35 (1:55)	N/A	R4 (:32)	1600M
4/30/07	B10 (0:30)	S (0:45)	R9 (1:30)		B20 (1:10)	S (0:30)	R3 (0:24)	B40 (2:10)	N/A	R3 (:24)	1750M
5/7/07	B20 (1:10)	S (0:45)	R9 (1:30)		B25 (1:25)	S (0:30)	R5 (0:40)	B40 (2:10)	N/A	R3 (:24)	1900M
5/14/07	B20 (1:10)	S (0:45)	R6 (0:54)		B25 (1:25)	S (0:30)	R5 (0:40)	B45 (2:25)	R5 (:40)	R3 (:24)	2000M
5/21/07	B20 (1:10)	S (0:45)	R10 (1:40)		B25 (1:25)	S (0:30)	R5 (0:40)	B45 (2:25)	N/A	R4 (:32)	2100M
5/28/07	B10 (0:30)	S (0:45)	R10 (1:40)		B25 (1:25)	S (0:30)	R6 (0:48)	B50 (2:40)	N/A	R4 (:32)	2200M
6/4/07	B20 (1:00)	S (0:45)	R11 (1:50)		B25 (1:25)	S (0:30)	R6 (0:48)	B50 (2:40)	N/A	R4 (:32)	2300M
6/11/07	B20 (1:00)	S (0:45)	R11 (1:50)		B25 (1:25)	S (0:30)	R3 (0:24)	B55 (3:00)	R5 (:40)	R3 (:24)	2400M
6/18/07	B20 (1:00)	S (0:45)	R12 (2:00)		B25 (1:25)	S (0:30)	R5 (0:40)	B60 (3:15)	N/A	R4 (:32)	2500M
6/25/07	B20 (1:00)	S (0:45)	R7 (1:03)		B25 (1:25)	S (0:30)	R6 (0:48)	B60 (3:15)	N/A	R4 (:32)	2600M
7/2/07	B20 (1:00)	S (0:45)	R13 (2:10)		B25 (1:25)	S (0:30)	R7 (0:56)	B60 (3:15)	N/A	R5 (:40)	2700M
7/9/07	B20 (1:00)	S (0:45)	R13 (2:10)		B25 (1:25)	S (0:30)	R7 (0:56)	B55 (3:00)	R5 (:40)	R3 (:24)	2800M
7/16/07	B20 (1:00)	S (0:45)	R12 (2:00)		B25 (1:25)	S (0:30)	R5 (0:40)	B40 (2:00)	N/A	R3 (:24)	2400M
7/23/07	B10 (0:30)	S (0:45)	R8 (1:12)		B20 (1:15)	S (0:30)	R5 (0:40)	B30 (1:30)	N/A	R3 (:24)	2000M
7/30/07	B10 (0:30)	S (0:30)	R4 (0:36)		B10 (:30)		Swim (:15)	Race Day			

This ½ Ironman Workout is designed to get you to the finish line feeling great. I would strongly recommend adding some strength training to your workout 2 days per week. There is a full body strength training workout (that can be completed in about 15-20 minutes with a few modifications) is available on our website under training resources. Lifting after swims is not always ideal (because you are tired from your swim) but usually the most practical.

Brick workouts (two sports, or all three: back to back): There are four Bike/Run brick workouts scheduled on Saturdays. You can add a swim before a couple of these and skip one of your Sunday workouts. I recommend running a few minutes as often as possible after long bike rides. This will help your legs get used to the transition. Not all of your workouts should be bricks. You can definitely double up on days where time does not allow a “two a day”, but sometimes you need to split your workouts up so you get the most out of each workout/sport.

Bike workouts: B20 (1:00) means that you should try to ride 20 miles in one hour

Run workouts: R10 (1:30) means that you should try to run 10 miles in one hour and thirty minutes

Swim workouts: Mid-week workouts are based on time, long swims on distance. Try to get in as much open water swimming as possible.

You can always contact Michael Chitwood with questions. 773-921-3900 ext 362

Thanks for being part of Team World Vision!