

Muncie 1/2 Ironman Training Schedule

Week Ending		Mon	Tue	Wed	Thu	Fri	Sat	Sun
20-Apr-08	Swim	Rest		1400 m	1400 m			1 mi
	Bike	Rest	40 min	60 min			2:00	
	Run	Rest	15 Min		6 mi		20 min	7 mi
27-Apr-08	Swim	Rest		1500 m		1500 m		1800 m
	Bike	Rest	50 min	45 Min			2:20	
	Run	Rest	15 min		6 mi		30 min	8 mi
4-May-08	Swim	Rest		1625 m		1625 m		1900 m
	Bike	Rest	50 min	45 Min			2:40	
	Run	Rest	15 min		3 - 800s		30 min	9 mi
11-May-08	Swim	Rest	1500 m		1500 m			1625 m
	Bike	Rest		60 Min		40 min	75 mi	
	Run	Rest	3 EZ		3 EZ			6 mi
18-May-08	Swim	Rest		1500 m	1500 m	1500 m		2000 m
	Bike	Rest	50 min	45 min			3:00	
	Run	Rest	20 Min		4 - 800s		30 min	10 mi
25-May-08	Swim	Rest		1500 m		1500 m		2000 m
	Bike	Rest	2 X 30 Min	45 Min			3:20	
	Run	Rest	2 X 10 Min		5 - 800s		40 min	11 mi
1-Jun-08	Swim	Rest		1625 m		1625 m		2000 m
	Bike	Rest	2 X 40 Min	45 Min			3:45	
	Run	Rest	2 X 10 Min		6 - 800s		45 Min	12 mi
8-Jun-08	Swim	Rest	1300 m			1300 m		1 mi
	Bike	Rest		45 min		40	90 Min	
	Run	Rest	4 mi		4 mi			6 mi
15-Jun-08	Swim	Rest		1500 m	1500 m	1500 m		2000 m
	Bike	Rest	60 min	60 min			4 Hours	
	Run	Rest	20 Min		7 - 800s		45 min	13 Mi
22-Jun-08	Swim	Rest		1500 m		1500 m		2250 m
	Bike	Rest	2 X 30 Min	60 min			56 mi	
	Run	Rest	2 X 10 Min		8 - 800s		45 min	14 mi
29-Jun-08	Swim	Rest		1625 m		1625 m		2500 m
	Bike	Rest	2 X 30 Min	60 min			40 Hills	
	Run	Rest	2 X 15 Min		60 min			10 mi
6-Jul-08	Swim	Rest	20 min		20 min			30 min
	Bike	Rest		30 min		30 min	25 miles	
	Run	Rest	3 mi		3 mi			5 mi
							Race Day	
13-Jul-08	Swim	Rest	20 min		15 min		1.2 Mi	
	Bike	Rest		30 min			56 Mi	
	Run	Rest	3 mi			2 mi	13.1 Mi	

Note: To change week dates, go to cell A40 and enter date of actual event

All workouts in blue are to be aerobic - EASY!

All 800s include a 1 mile warm-up before proceeding and a 1 mile cool down when finished, and should be completed @ AT. Between 800s your RI should be a 400 ez jog.