



AQUABIKE IRONMAN® Distance 18-Week Training Plan

Description Document

By David Glover, MSE, MS, CSCS



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Introduction

Congratulations for taking on the challenge of an IRONMAN® distance AQUABIKE.

Racing an Ironman distance AQUABIKE is your personal challenge. No matter if your goal is the win or simply to finish, training successfully requires motivation, discipline and the proper training plan to give you the ability and the confidence to excel.

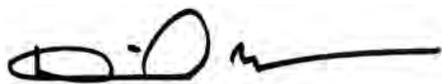
I want to help make your training and racing experiences the best possible as I share the lessons learned, best practices and expert knowledge that I've accumulated from nearly 20 years of triathlon racing (including 28 IRONMAN distance and dozens of half IRONMAN distance finishes) and from coaching hundreds of athletes to consistently succeed.

Over the years, I've learned how to plan my training efficiently, how to balance my time and life effectively, how to execute better on race day, both physically and mentally, and how to consistently achieve top end results year after year.

I share this knowledge and experience with the athletes I coach, and in this *IRONMAN distance AQUABIKE Training Plan* and with the accompanying *Triathlon Training Plan Guide* I'll share what I know with you and give you the tools you need to succeed in your race...*beyond what you knew you could do.*

All you need now is the motivation and the desire.

Good luck and happy training,



David B. Glover, MSE, MS, CSCS
Elite Athlete, Author and Coach

“ The ability to conquer oneself is no doubt the most precious of all things sports bestows on us.

— Olga Korbut, Olympic Gold Medal Gymnast ”



Plan Objective

The objective of this training plan is to provide the AGE GROUP athlete with a structured and periodized plan to successfully prepare for a IRONMAN distance AQUABIKE (typically 2.4-mile swim / 112-mile bike).

Plan Overview

The training plan progresses from 6 up to 12.5 hours (peak) of swim and bike training per week prior to tapering and breaks down the 18-week training schedule into the following periods:

WEEKS	PERIOD	MAX WEEK HOURS
1-5	Base 1	7.5
6-9	Base 2	9.5
10-13	Build 1	11
14-16	Build 2	12.5
17	Taper	9.5
18	Race	4

A “typical” week during a Base Period looks like:

DAY	WORKOUT
Monday	Off Day
Tuesday	Swim / Strength
Wednesday	Bike
Thursday	Bike / Strength
Friday	Swim
Saturday	Long Bike / Strength
Sunday	Swim / Bike

Within your plan, I adjust the frequency, intensity and duration of the workouts each week in order to meet the desired objectives for that training period. Level of intensity is given in order to stimulate desired training adaptations and maximize training time while minimizing risk of overtraining, burnout and injury. Training intensity can be measured by a variety of methods including rate of perceived effort (RPE) — i.e. how you “feel” — and a heart rate monitor. I recommend using a heart rate monitor in combination with RPE. You will given field tests in your plan to determine your individual intensity training zones for swimming and biking.

Your plan also includes a downloadable comprehensive 40+ page training guide with detailed instructions

Plan Overview (continued)

on how to use your plan as well as guidelines for making schedule adjustments, race week planning, nutrition and hydration.

Athlete Requirements

You should be able to complete the following workouts prior to beginning the plan:

- Swim: 500 meters or yards
- Bike: 90 minutes

About the Author

David B. Glover, MSE, MS, CSCS

Author of *Full Time & Sub-Nine: Fitting Iron Distance Training into Everyday Life*, David Glover is certified as a coach by IRONMAN Triathlon, TrainingPeaks, USA Triathlon and USA Cycling and has the prestigious CSCS certification from the National Strength and Conditioning Association. David enjoys teaching a full range of triathletes from first timers to experienced veterans qualifying for the Ironman World Championship in Kona, Hawaii.

A triathlete since 1995, David has completed more than 100 triathlons including twenty-eight IRONMAN distance races. His IRONMAN distance accomplishments include qualifying for the IRONMAN World Championship in Hawaii multiple times, achieving a personal best time of 8:51 and winning five races overall including winning the Vineman Full twice. David raced professionally from 2007–2009 and is a 7x USA Triathlon All-American. He was inducted into the Vineman Hall of Fame in 2007.

David has his BS (Computer Science) from the U.S. Naval Academy, MSE (Engineering Management) from Catholic University and an MS (Exercise Physiology) from Eastern Michigan University. In addition to writing regularly in his blog (davidbglover.com), David also writes for both online and print magazines and organizations.

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