EXPERIENCED ATHLETE

14-Week IRONMAN® Distance

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 triathlon — an event like no other single day physical challenge in sport — *a 140.6-mile swim, bike and run odyssey!*

Racing an Iron distance triathlon 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 succeed.

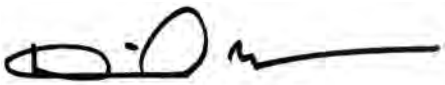
I want to help make your training and racing experiences the best possible as I share the lessons learned, best practices and expert knowledge that I've accumulated from more than 15 years of triathlon racing (including 28 IRONMAN distance finishes) and from coaching hundreds of athletes to consistently achieve their own success year after year.

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 *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.

All you need to supply is the desire and the hard work.

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 EXPERIENCED AGE GROUP triathlete with an 14-week structured and periodized plan to successfully prepare for an Ironman distance triathlon (2.4-mile swim / 112-mile bike / 26.2-mile run).

Plan Overview

The training plan breaks down the 14-week training schedule into the following periods:

WEEKS	PERIOD	MAX WEEK HOURS
1–4	Base 1	14.5
5–8	Base 2	16.5-18
9–11	Build	18-19.5
12-13	Peak/Taper	15
14	Race	5

A "typical" week looks like:

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

Within your training plan, I adjust the frequency, intensity and duration of the workouts each week in order to stimulate the desired physiological adaptations for that training period while minimizing risk of overtraining, burnout and injury. You can measure your training intensity by a variety of methods including rate of perceived effort (RPE) — i.e. how you "feel" — power meter, pace and heart rate monitor. I recommend using a heart rate monitor in combination with RPE. Your training schedule contains monthly field tests to determine your individual training zones for swimming, biking and running.

Plan Overview (continued)

Your plan includes a downloadable comprehensive 40+ page training guide with detailed instructions on how to use your plan as well as guidelines for making schedule adjustments, setting training zones and planning your race week, nutrition and hydration.

Athlete Requirements

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

- Swim: 750 meters or yards
- Bike: 3 hours
- Run: 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 working with 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 regulary in his blog (davidbglover.com), David also writes for both online and print magazines and organizations.

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