

DAY 113: ARMS, SWIM						
EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	
Dumbbell curl	3	10				
EZ-bar curl	3	10				
Preacher curl	3	10				
Cable extension	3	30				
Skull crusher	3	20				
Cable overhead extension	3	15				

OPEN WATER SWIM

1 hour or approximately 2 km





DAY 114: LEGS, BIKE, RUN						
EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	
Leg extensions	3	15				
Squat	3	20				
Leg press	3	10				
TRISET						
Hack squat	3	20				
Calf press	3	20				
Walking lunge	3	20 per leg				

CYCLING

WARM-UP

15 min., easy pace

MAIN SET

1 hour at 160-170 max wattage, or solid 6-7/10 effort

COOL-DOWN

15 min., easy pace

RUNNING

3 miles, easy pace







DAY 115: SWIM, RUN

SWIMMING

10 rounds, 10 sec. rest between rounds

25 meters swim

25 meters drill of choice

300 meters, easy effort, rest 1 min.

300 meters, 7/10 effort, rest 1 min.

300 meters, 8/10 effort, rest 1 min.

300 meters, 9/10 effort

15 rounds of 100 meters at goal Ironman race pace, rest 15 sec. between rounds.

100 meters, easy pace

RUNNING

2 miles, easy pace

4 rounds

1 mile at marathon pace. Keep this pretty relaxed!

90 sec. walk or easy jog

1 mile, easy pace







DAY 116: SHOULDERS, ABS, NECK, SWIM							
EXERCISE	SETS	REPS	SET 1	SET 2	SET 3		
Lateral raise	3	15 each followed with single dropset of 10 reps					
Rear delt fly	3	3 each followed with single dropset of 10 reps					
Front barbell raise	3	15					
Military press	3	20					
SUPERSET							
Hanging leg raise with band	3	10					
Hanging leg raise without band	3	to failure					
Neck extension	3	15					

CYCLING

5 rounds, rest 1 min.

100 meters drill of choice

300 meters swim at Ironman pace/effort





DAY 117: CHEST, BACK, BIKE, RUN						
EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	
Chest press	3	10				
Incline fly	3	10				
Cable cross-over	3	10				
Deadlift	3	15				
Chin-up	3	to failure				
Cable row	3	15				

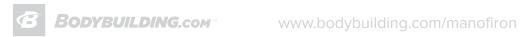
CYCLING

80-90 miles, at Ironman pace/wattage

RUNNING

10 min., easy pace

6 miles at marathon pace/effort. This might feel easy, but that's OK!







DAY 118: RUN

RUNNING

2 miles, easy pace

2 rounds

4 miles at half-Ironman effort

60 sec. easy walk or jog

2 miles, easy pace

DAY 119: REST



