

36 Week Ironman Training Schedule

36 Week Ironman Training Schedule Conquering the Ironman in 36 Weeks A Comprehensive Training Schedule So you're planning to tackle an Ironman That's incredible This monumental undertaking requires dedication a wellstructured plan and a whole lot of grit This blog post lays out a 36week Ironman training schedule designed to guide you safely and effectively toward your goal Remember this is a template and you'll need to adjust it based on your current fitness level experience and any preexisting conditions Always consult with your doctor or a certified triathlon coach before starting any new training program Visualizing Your Journey The 36Week Roadmap Think of your 36week training as a threeact play Act I The Foundation Weeks 112 Building your base fitness focusing on consistency and injury prevention Act II Strength Endurance Weeks 1328 Increasing training volume and intensity incorporating racespecific drills Act III Tapering Peak Performance Weeks 2936 Refining your technique reducing volume and maximizing recovery to be raceready Insert image here A visual representation of the 36week plan possibly a bar chart showing training volume increase and decrease across the three acts Act I Building Your Foundation Weeks 112 This phase is crucial Dont rush it Focus on building a solid aerobic base and getting comfortable with the three disciplines swimming cycling and running Swimming 23 sessions/week Start with shorter distances and focus on technique Aim for 2040 minutes per session Use drills like pull sets and kick sets to improve efficiency Example workout 10 x 100m with 10 seconds rest between each Cycling 23 sessions/week Start with shorter easier rides Gradually increase distance and time Include some hill work to build strength Example workout 1hour easy ride followed by 4 x 1minute hill repeats with 2minute rest Running 23 sessions/week Start with shorter runs focusing on proper form Include a mix of easy runs and interval training 2 Example workout 30minute easy run followed by 8 x 400m repeats with 200m jog recovery Strength Training 12 sessions/week Essential for injury prevention and overall performance Focus on compound exercises like squats deadlifts and bench

presses Act II Strength Endurance Weeks 1328 This is where the real work begins Gradually increase training volume and intensity Incorporate longer rides runs and swims Swimming 34 sessions/week Include longer swims and openwater practice if possible Focus on maintaining a consistent pace Example workout 2000m continuous swim with pacing sets Cycling 34 sessions/week Longer rides including some brick workouts cycling followed by running Increase hill work intensity and duration Example workout 3-hour ride with 6 x 5-minute hill repeats Running 34 sessions/week Longer runs including tempo runs and long runs Continue interval training Example workout 1-hour tempo run at a comfortably hard pace Strength Training 12 sessions/week Maintain strength training to prevent injury and improve power Brick Workouts Crucial for getting your body used to transitioning between disciplines Start with shorter bricks and gradually increase the duration Insert image here A photo depicting a cyclist transitioning to a runner during a brick workout Act III Tapering Peak Performance Weeks 2936 The final stage Reduce training volume and intensity to allow your body to recover and store energy Focus on refining your technique and nutrition Swimming 23 sessions/week Shorter easier swims focused on technique and efficiency Cycling 23 sessions/week Shorter rides with some racepace intervals Running 23 sessions/week Shorter runs with a focus on easy runs and some very short intervals Strength Training 1 session/week Light strength training to maintain muscle tone Rest Recovery Prioritize sleep nutrition and active recovery like light walking or stretching How to Adjust This Schedule 3 This schedule is a guideline Pay close attention to your body Dont hesitate to adjust the volume and intensity based on your individual needs and recovery Listen to your body and dont push through pain Nutrition and Hydration Fueling your body properly is crucial Consume a balanced diet rich in carbohydrates protein and healthy fats Stay hydrated throughout your training Key Takeaways Consistency is key Stick to your plan as much as possible Listen to your body and dont hesitate to adjust your training Prioritize rest and recovery Fuel your body properly Get professional guidance if needed 5 Frequently Asked Questions 1 How many hours should I be training per week This varies greatly depending on your fitness level and experience Beginners might start with 8-10 hours while experienced athletes may train 15-20 hours or more Gradually increase your training volume over time 2 What if I get injured Rest is crucial See a doctor or physical therapist immediately Dont push through pain Adjust your training plan accordingly 3 How important is nutrition Extremely important Proper nutrition fuels your training and

recovery Consult a registered dietitian or sports nutritionist for personalized advice 4 What kind of gear do I need Good quality running shoes a comfortable bike a wetsuit for colder water swims and proper cycling attire are essential 5 How do I handle raceday nerves Practice mindfulness techniques visualize success and focus on your training preparation Remember youve put in the work This 36week Ironman training schedule is a starting point Remember to listen to your body adjust as needed and enjoy the journey Good luck 4

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jan 15 2026 the 10th edition of ironman 70 3 da nang is ready to welcome new warriors who dare to challenge themselves prove their strength and shine on the stunning coastal racecourse of da

the ironman and ironman 70 3 triathlon series is the world s premier full distance and half distance triathlon series consisting of over 170 qualifying races in 50 countries regions and

we started in 2016 with the ironman 70 3 distance in otep today we have reached the capital tallinn and have the honor of hosting both the 70 3 and full distance events

the original ironman race on australian shores ironman australia has been where it all begins for so many australian ironman athletes join the annual pilgrimage to the race s home in port

dec 19 2025 race ironman western australia with a swim at busselton foreshore a fast and flat bike ride along the coast and through bushland and a run passing by the busselton jetty

in 2026 the ironman 70 3 world championship will return to the birthplace of long distance triathlon in europe nice france triathletes will be treated to a mediterranean playground like no other

compete in ironman 70 3 mont tremblant with a stunning swim in lac tremblant a scenic bike through quebec s laurentian mountains and a run through the village

sep 4 2025 ironman jacksonville brings a bold new challenge to florida s atlantic coast in a city known for its athletic spirit vibrant culture and deep community pride

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