

CHALLENGER TRAINING PLAN – WEEK 1-10

Choose this plan if you've done a couple of Ironman races but need to balance training with a busy life and are limited for time.

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1 (Start Dec 19)	AM		RUN 10km Aerobic	RUN 10km Aerobic 4 x 4min tempo	RIDE Trainer 1hr Aerobic	SWIM 1.5km Open Water	RIDE 100km Endurance	MERRY CHRISTMAS!
	PM	SWIM 3.5km Squad	RIDE Trainer 1hr 2min efforts			RIDE Crit Race 30km	SWIM 2.5km 5 x 400 Pull 30 sec rest	
WEEK 2	AM		RUN 10km Aerobic	RUN 10km Aerobic 4 x 4min tempo	RIDE Trainer 1hr Aerobic	SWIM 1.5km Open Water	RIDE 100km Endurance	RUN 18km Endurance
	PM	SWIM 3.5km Squad	RIDE Trainer 4min efforts			RIDE Crit Race 30km	SWIM 2.5km 4 x 500 Pull 30 sec rest	
WEEK 3	AM		RUN 10km Aerobic	RUN 10km Aerobic 4 x 4min tempo	RIDE Trainer 1hr Aerobic	SWIM 1.5km Open Water	RIDE 100km Endurance	RUN 18km Endurance
	PM	SWIM 3.5km Squad	RIDE Trainer 1hr 8 min efforts			RIDE Crit Race 30km	SWIM 2.5km 2000 pull	
WEEK 4 RECOVERY	AM		RUN 10km Aerobic	RUN 10km Aerobic	DAY OFF	SWIM 1.5km Open Water	RIDE 70km Flat	RUN 12km Endurance
	PM	SWIM 3.5km Squad	RIDE Trainer 1hr Easy			RIDE Crit Race 30km	SWIM 1.5km Easy mixed	
WEEK 5	AM		RUN 10km Aerobic	RUN 10km Aerobic 4 x 4min tempo	RIDE Trainer 1hr Aerobic	SWIM 1.5km Open Water	RIDE 100km Endurance	RUN 20km Endurance
	PM	SWIM 3.5km Squad	RIDE Trainer 1hr 2min efforts			RIDE Crit Race 30km	SWIM 2.5km 5 x 400 Pull 30 sec rest	
WEEK 6	AM		RUN 10km Aerobic	RUN 10km Aerobic 4 x 4min tempo	RIDE Trainer 1hr Aerobic	SWIM 1.5km Open Water	RIDE 100km Endurance	RUN 20km Endurance
	PM	SWIM 3.5km Squad	RIDE Trainer 1hr 4min efforts			RIDE Crit Race 30km	SWIM 2.5km 4 x 500 Pull 30 sec rest	
WEEK 7	AM		RUN 10km Aerobic	RUN 10km Aerobic 4 x 4min tempo	RIDE Trainer 1hr Aerobic	SWIM 1.5km Open Water	RIDE 120km Endurance	RUN 20km Endurance
	PM	SWIM 3.5km Squad	RIDE Trainer 1hr 8 min efforts			RIDE Crit Race 30km	SWIM 2.5km 2000 pull	
WEEK 8 RECOVERY	AM		RUN 10km Aerobic	RUN 10km Aerobic	DAY OFF	SWIM 1.5km Open Water	RIDE 70km Flat	RUN 12km Endurance
	PM	SWIM 3.5km Squad	RIDE Trainer 1hr Easy			RIDE Crit Race 30km	SWIM 1.5km Easy mixed	
WEEK 9	AM		RUN 10km Aerobic	RUN 14km Aerobic 4 x 6min tempo	RIDE Trainer 1hr Aerobic	SWIM 1.5km Open Water	RIDE 120km Endurance	RUN 22km Endurance
	PM	SWIM 3.5km Squad	RIDE Trainer 2min efforts			RIDE Crit Race 30km	SWIM 2.5km 2 x 1000's Pull 1 min rest	
WEEK 10	AM		RUN 10km Aerobic	RUN 14km Aerobic 4 x 6min tempo	RIDE Trainer 1hr Aerobic	SWIM 1.5km Open Water	RIDE 140km Endurance	RUN 22km Endurance
	PM	SWIM 3.5km Squad	RIDE Trainer 1hr 4min efforts			RIDE Crit Race 30km	SWIM 2.5km 4 x 500 Pull 30 sec rest	



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