

Sample Workout for an Ironman

Warm-up

2 x 50 Freestyle
2 x 25 Backstroke

Kick

85% of Maximum effort

4 x 50 Freestyle Kick
4 x 50 Backstroke Kick

Technique

4 x 25 Sculling
4 x 25 One arm Freestyle
4 x 25 Freestyle breathing every 5 strokes

Main Set

10 x 100 at a 2:00 pace, resting :20
4 x 25 Fast Freestyle

Warm-down

2 x 75 Easy Freestyle
2 x 50 One arm backstroke

Total - 2,200