

Basic Ironman Taper

Week 1



About the Plan

A simple two week taper for Ironman racing aimed at athletes training between 10 and 15 hours per week.

- Duration and intensity should be adjusted according to experience and ability
- Week one can be scheduled so it matches your regular weekly training routine
- **NO** long runs from 10 days out. **NO** long bikes from 7 days out. **Rest more** in swim sets.
- Sessions should **NOT** test fitness at this point

For more information visit [Coach Cox](http://CoachCox.com)

Taper Rules

- **No catching up** missed workouts
- **Get things done early**
- Eat well, but **do not over eat**
- **No stress**
- **Be lazy**
- If in doubt, **do less**

14	13	12	11	10	9	8
Swim (45 - 60 min) <ul style="list-style-type: none"> • Endurance work • Increased rest between sets 	Bike (90 min) <ul style="list-style-type: none"> • Threshold work • Moderately challenging set • 4 - 5 x 10 as 90-100% threshold effort • Long recovery 	Swim (45 - 60 min) <ul style="list-style-type: none"> • Speed work • Increased rest between sets 	Run (60 min) <ul style="list-style-type: none"> • Endurance work • Easy pace • 2 x 10 min at IM pace 	Bike (1 hour) <ul style="list-style-type: none"> • Steady pace • DO NOT push at all 	Swim (1 hour) <ul style="list-style-type: none"> • Endurance Work • Open water if possible • Increased rest between sets 	Bike (3 hours) <ul style="list-style-type: none"> • First hour easy • 90 min at IM pace • 30 min easy
Run (30 min) <ul style="list-style-type: none"> • Easy pace • 3 x 5 min above IM pace 	Brick Run (30 min) <ul style="list-style-type: none"> • Easy pace 		<ul style="list-style-type: none"> ✓ Test race kit ✓ Practice race nutrition 			Brick Run (20 min) <ul style="list-style-type: none"> • Build pace • Finish above IM pace
						<ul style="list-style-type: none"> ✓ Test race kit ✓ Practice race nutrition

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Week 2

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7	6	5	4	3	2	R A C E
Swim (45 - 60 min) <ul style="list-style-type: none"> Speed work Plenty of rest between sets 	Bike (90 min) <ul style="list-style-type: none"> Easy pace 2 x 5 min at HIM pace 3 x 10 min at IM pace 	<ul style="list-style-type: none"> ✓ Travel to race venue ✓ Register ✓ Check out Expo ✓ REST 	Swim (30 min) <ul style="list-style-type: none"> Easy pace Swim course if possible Race pace pick-ups 	<ul style="list-style-type: none"> ✓ Lay out race kit ✓ Finalise race plan ✓ REST 	Swim (20 min) <ul style="list-style-type: none"> Easy pace Swim course if possible Race pace pick ups 	
Run (30 min) <ul style="list-style-type: none"> Easy pace 3 x 5 min above IM pace 			Bike (1 hour) <ul style="list-style-type: none"> Easy pace 2 x 10 min at IM pace 		Bike (30 min) <ul style="list-style-type: none"> Easy pace 3 x 5 min at IM pace 	
			Brick Run (20 min) <ul style="list-style-type: none"> Easy pace Middle 10 min at IM pace 		Brick Run (10 min) <ul style="list-style-type: none"> Easy pace DO NOT push at all 	
			<ul style="list-style-type: none"> ✓ Register ✓ Check out Expo ✓ Test race kit ✓ REST 		<ul style="list-style-type: none"> ✓ Check kit into transition ✓ REST 	

For More Information

* coachcox.co.uk

✉ russ@coachcox.co.uk

f facebook.com/russmcox

t twitter.com/russmcox

