

IRONMAN MARCH

31 days to swim 2.4 miles, bike 112 miles, and run 26.2 miles

Week 1 ~ March 1 – 7

	WEEK GOAL	Day 1	Day 2	Day 3	Day 4	ACTUAL
Swim	872 meters					
Bike	25.3 miles					
Run	6 miles					

Week 2 ~ March 8 – 14

	WEEK GOAL	Day 1	Day 2	Day 3	Day 4	ACTUAL
Swim	872 meters					
Bike	25.3 miles					
Run	6 miles					

Week 3 ~ March 15 – 21

	WEEK GOAL	Day 1	Day 2	Day 3	Day 4	ACTUAL
Swim	872 meters					
Bike	25.3 miles					
Run	6 miles					

Week 4 ~ March 22 – 28

	WEEK GOAL	Day 1	Day 2	Day 3	Day 4	ACTUAL
Swim	872 meters					
Bike	25.3 miles					
Run	6 miles					

Week 5 ~ March 29 – 31

	WEEK GOAL	Day 1	Day 2	Day 3	Day 4	ACTUAL
Swim	374 meters					
Bike	10.8 miles					
Run	2.2 miles					

“We are judged by what we finish, not by what we start.” – Anonymous

Notes: When added up, weekly goals may slightly exceed Ironman totals. 25 yards = 22 meters