

IRONMAN MARCH

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

Week 1 – March 1 to 7

| | WEEK GOAL | Day 1 | Day 2 | Day 3 | Day 4 | ACTUAL |
|-------------|------------------------|-------|-------|-------|-------|--------|
| SWIM | 872 meters / 954 yards | | | | | |
| BIKE | 25.3 miles | | | | | |
| RUN | 6 miles | | | | | |

Week 2 – March 8 to 14

| | WEEK GOAL | Day 1 | Day 2 | Day 3 | Day 4 | ACTUAL |
|-------------|------------------------|-------|-------|-------|-------|--------|
| SWIM | 872 meters / 954 yards | | | | | |
| BIKE | 25.3 miles | | | | | |
| RUN | 6 miles | | | | | |

Week 3 – March 15 to 21

| | WEEK GOAL | Day 1 | Day 2 | Day 3 | Day 4 | ACTUAL |
|-------------|------------------------|-------|-------|-------|-------|--------|
| SWIM | 872 meters / 954 yards | | | | | |
| BIKE | 25.3 miles | | | | | |
| RUN | 6 miles | | | | | |

Week 4 – March 22 to 28

| | WEEK GOAL | Day 1 | Day 2 | Day 3 | Day 4 | ACTUAL |
|-------------|------------------------|-------|-------|-------|-------|--------|
| SWIM | 872 meters / 954 yards | | | | | |
| BIKE | 25.3 miles | | | | | |
| RUN | 6 miles | | | | | |

Week 5 – March 29 to 31

| | WEEK GOAL | Day 1 | Day 2 | Day 3 | ACTUAL |
|-------------|------------------------|-------|-------|-------|--------|
| SWIM | 374 meters / 410 yards | | | | |
| BIKE | 10.8 miles | | | | |
| RUN | 2.2 miles | | | | |

Notes: When added up, weekly goals may slightly exceed Ironman totals. Most 'short course' pools are 25 yards in length; 'long course' pools are 50 yards in length. 25 Yards = 22 meters.

"Until you face your fears, you don't move to the other side,
where you find the power."

– Mark Allen, Six-Time Ironman World Champion