

IRONMAN APRIL

30 DAYS TO SWIM 2.4 MILES, BIKE 112 MILES, AND RUN 26.2 MILES

Week 1 - April 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 - April 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 - April 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 - April 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 - April 29 to 30

	Week Goal	Day 1	Day 2	ACTUAL
SWIM	374 Meters/410 Yards			
BIKE	10.8 miles			
RUN	2.2 miles			

“IF YOU SET A GOAL FOR YOURSELF AND ARE ABLE TO ACHIEVE IT, YOU HAVE WON YOUR RACE. YOUR GOAL CAN BE TO COME IN FIRST, TO IMPROVE YOUR PERFORMANCE, OR JUST FINISH THE RACE-IT’S UP TO YOU.”

- DAVE SCOTT, THE FIRST SIX-TIME IRONMAN TRIATHLON HAWAII CHAMPION