



P90X3 Iron Triathlon Training Plan

Glossary of Workouts

BASE Run

Duration of BASE Runs is indicated by the number in the title (e.g. BASE Run 30 indicates that the duration of the workout is 30 minutes) or by mileage. All BASE Runs are to be done between 55 and 75% of maximum heart rate. You can use an online formula or a field test to get your max heart rate if you wish. However, in general, this means that the run should be done at a “conversational” pace. It’s ok to be a little “breathy” but you should be able to have a conversation with only a little trouble during these runs. I even recommend walking periodically to get heart rate back under control if you can’t run the entire duration in a conversational state at first.

BASE Run Tempo 55

Total workout duration is indicated by the number in the title.

10 min warmup easy
35 min tempo pace
10 min cooldown descending in effort

Tempo pace is approximately 80% of max heart rate. This means you should NOT be able to hold a conversation. You should be on the line between “I need to stop” and “I can keep going but it’s challenging”. Short gasps are necessary to talk. It is tough but doable. This is also sometimes described as “10K race pace”.



BASE Run SI 50

Total workout duration is 50 minutes. SI stands for speed intervals.

10 min warmup easy

10 x 30 sec controlled sprint

2 min walking recovery between sprints

Cooldown to reach total time

BASE Run SI 50 (1-min intervals)

Total workout duration is 50 minutes. SI stands for speed intervals.

10 min warmup easy

8 x 1 min controlled sprint

2 min walking recovery between sprints

Cooldown to reach total time



BASE Bike

Bike at 55% - 75% of maximum heart rate. Duration of workout is indicated by the time or distance in the title.

BASE Bike Threshold 80

Duration is 80 min.

Main Set:

1 x 28 min at threshold pace. Threshold pace is approximately 80% of max heart rate. This means that you should NOT be able to hold a conversation during this part of the workout. You should be on the line between "I need to stop" and "I can keep going but it's challenging". Short gasps are necessary to talk. This pace is "tough but doable".

Warm up and cool down long enough to reach total time.



BASE Bike PI 70

Duration is 70 min.

PI = Power Intervals

Main Set:

7 x 20 sec power intervals done in hardest gear you can maintain 85 rpm.

2 min recovery spin between intervals

Warm up and cool down long enough to reach the total time.

BASE Bike PI 95

Duration is 95 min.

PI = Power Intervals

Main Set:

11 x 20 sec power intervals done in hardest gear you can maintain 85 rpm.

2 min recovery spin between intervals

Warm up and cool down long enough to reach the total time.

BASE Bike Recovery

Bike at easy recovery pace while maintaining proper cadence. Time indicated in title.

BASE Brick

Bike followed immediately by run. Times indicated in title as Bike time/Run Time (e.g. 75/20 is a 75 min bike followed by a 20 min run)



BASE Swim

Base Swim total yardage is indicated in the title of the workout (e.g. BASE Swim 1500 is a 1500 yard swim). The types of main sets and warmups and cooldowns that are best are different for each swimmer. For these simple plans, I have only given total distances. You can feel free to use whatever swim workouts you would like. Here are some simple examples:

BASE Swim 1200

200 warmup easy

200 drill set

MAIN SET: 5 x 100 with 20 sec rest at moderate pace

4 x 50 sprint

100 cooldown easy

BASE Swim 2000

300 warmup easy

200 drill set

4 x 100 at strong pace

4 x 200 holding same average pace as the 100s

300 cooldown easy



Ironman BIG DAY Workout

This workout is intended to get you mentally ready for the big day. Schedule this ahead of time, get the support you need, and use this as a mental marker. You don't need to go hard in this workout. In fact, you should go easy.

Schedule:

Swim

90 minute break

Bike

90 minute break

Run

Workouts:

Swim: 4000 yds

Bike: 5 hours

Run: 3 hours

P90X3 Workouts

Workouts with "P90X3" in the title indicate a specific workout DVD available through the Beachbody P90X3 home DVD workout program. This training plan cannot be accomplished as planned without that DVD set. If you already have a Beachbody Coach that you work with, please get it from them. If you do not have a coach, please get it through me by contacting me at ryan@tribasetraining.com. I will help you get it on demand or via DVD for the best price.



Daily Training Schedule

Day 1 P90X3 - Dynamix	Day 2 P90X3 – Total Synergistics BASE swim 1500	Day 3 BASE Bike 55	Day 4 P90X3 – The Warrior BASE Swim 1700	Day 5 P90X3 – X3 Yoga Base Run 45	Day 6 BASE Bike 120	Day 7 BASE Long Run 60 BASE Swim 1500
Day 8 P90X3 - Dynamix	Day 9 P90X3 – Total Synergistics BASE Swim 1700	Day 10 BASE Bike 60	Day 11 P90X3 – The Warrior BASE Swim 1900	Day 12 BASE Run 50 P90X3 – X3 Yoga	Day 13 BASE Brick 45/20	Day 14 BASE Swim 1700 BASE Run 50
Day 15 P90X3 - Dynamix	Day 16 BASE Swim 1900 P90X3 – Total Synergistics	Day 17 BASE Bike 60	Day 18 BASE Swim 1900 P90X3 – The Warrior	Day 19 P90X3 – X3 Yoga BASE Run 50	Day 20 BASE Bike 135	Day 21 BASE Long Run 70 BASE Swim 1900
Day 22 P90X3 - Dynamix	Day 23 BASE Swim 1700 P90X3 – Pilates X	Day 24 BASE Bike 55	Day 25 BASE Swim 1700 P90X3 - Isometrics	Day 26 BASE Run 45	Day 27 BASE Brick 60/20	Day 28 BASE Run 50 P90X3 – X3 Yoga



Day 29 P90X3 – Dynamix	Day 30 P90X3 – Total Synergistics BASE Swim 2000	Day 31 BASE Bike 75	Day 32 BASE Swim 1900 P90X3 – The Warrior	Day 33 P90X3 – X3 Yoga BASE Run 60	Day 34 BASE Bike 165	Day 35 BASE Long Run 80 BASE Swim 1900
Day 36 P90X3 - Dynamix	Day 37 P90X3 – Total Synergistics BASE Swim 1900	Day 38 BASE Bike 60	Day 39 P90X3 – The Warrior BASE Swim 2200	Day 40 P90X3 – X3 Yoga BASE Run 65	Day 41 BASE Brick 75/30	Day 42 BASE Run 45 BASE Swim 1900
Day 43 P90X3 - Dynamix	Day 44 BASE Swim 2000 P90X3 – Total Synergistics	Day 45 BASE Bike 90	Day 46 P90X3 – The Warrior BASE Swim 2200	Day 47 BASE Run 70 P90X3 - Yoga	Day 48 BASE Bike 180	Day 49 BASE Long Run 90 BASE Swim 1900
Day 50 P90X3 - Dynamix	Day 51 P90X3 – Pilates X BASE Swim 1700	Day 52 BASE Bike 75	Day 53 P90X3 – Isometrics BASE Swim 2200	Day 54 BASE Run 60	Day 55 BASE Brick 75/30	Day 56 P90X3 – X3 Yoga BASE Run 45



Day 57 P90X3 - Dynamix	Day 58 P90X3 – Total Synergies BASE Swim 2200	Day 59 BASE Bike 100	Day 60 P90X3 – The Warrior BASE Swim 2500	Day 61 P90X3 – X3 Yoga BASE Run 70	Day 62 BASE Bike 210	Day 63 BASE Long Run 110 BASE Swim 2200
Day 64 P90Z3 - Dynamix	Day 65 BASE Swim 2300 P90X3 – Total Synergistics	Day 66 BASE Bike 110	Day 67 BASE Swim 2500 P90X3 – The Warrior	Day 68 BASE Run 70 P90X3 – X3 Yoga	Day 69 BASE Brick 90/45	Day 70 BASE Run 55 BASE Swim 2300
Day 71 P90X3 - Dynamix	Day 72 BASE Swim 2700 P90X3 – Total Synergistics	Day 73 BASE Bike 120	Day 74 BASE Swim 2500 P90X3 – The Warrior	Day 75 BASE Run 80 P90X3 – X3 Yoga	Day 76 BASE Bike 225	Day 77 BASE Long Run 110 BASE Swim 2500
Day 78 P90X3 - Dynamix	Day 79 BASE Swim 2000 P90X3 – Pilates X	Day 80 BASE Bike 75	Day 81 P90X3 – Isometrics BASE Swim 2000	Day 82 BASE Run 75	Day 83 BASE Brick 90/20	Day 84 P90X3 – X3 Yoga Base Run 55



Day 85 P90X3 - Dynamix	Day 86 P90X3 – Triometrics BASE Swim 2700	Day 87 BASE Brick 75/20	Day 88 BASE Swim 2500 P90X3 – Eccentric Upper	Day 89 BASE Run Tempo 55 P90X3 – X3 Yoga	Day 90 BASE Bike 240	Day 91 BASE Long Run 120 BASE Swim 2500
Day 92 P90X3 - Dynamix	Day 93 P90X3 – Decelerator BASE Swim 3300	Day 94 BASE Bike PI 95	Day 95 BASE Swim 2800 P90X3 – Eccentric Upper	Day 96 P90X3 – X3 Yoga BASE Run SI 50	Day 97 BASE Brick 105/45	Day 98 BASE Long Run 60 BASE Swim 2700
Day 99 P90X3 - Dynamix	Day 100 BASE Swim 3500 P90X3 – Eccentric Lower	Day 101 BASE Brick 75/20	Day 102 BASE Swim 3000 P90X3 – Eccentric Upper	Day 103 BASE Run Tempo 55 P90X3 – X3 Yoga	Day 104 BASE Bike 270	Day 105 BASE Long Run 140 BASE Swim 2500
Day 106 P90X3 - Dynamix	Day 107 BASE Swim 2800 P90X3 – Pilates X	Day 108 BASE Bike Threshold 80	Day 109 BASE Swim 2500 P90X3 - Isometrics	Day 110 BASE Run SI 50 (1 minute Intervals)	Day 111 BASE Brick 120/50	Day 112 P90X3 – X3 Yoga BASE Run 90



Day 113 P90X3 - Dynamix	Day 114 P90X3 – Eccentric Lower BASE Swim 3500	Day 115 BASE Brick 90/30	Day 116 BASE Swim 3000 P90X3 - Isometrics	Day 117 P90X3 - Dynamix	Day 118 Ironman Big Day Workout	Day 119 BASE Swim 2500 BASE Long Run 60
Day 120 P90x3 - Dynamix	Day 121 P90X3 – Triometrics BASE Swim 3300	Day 122 BASE Bike Threshold 80	Day 123 P90X3 – Eccentric Upper BASE Swim 3800	Day 124 P90X3 – X3 Yoga BASE Run SI 60	Day 125 BASE Brick 135/55	Day 126 BASE Long Run 60 BASE Swim 2700
Day 127 P90X3 - Dynamix	Day 128 P90X3 – Decelerator BASE Swim 3500	Day 129 BASE Brick 90/30	Day 130 P90X3 – Eccentric Upper BASE Swim 4000	Day 131 P90X3 – X3 Yoga BASE Run Tempo 55	Day 132 BASE Bike 315	Day 133 BASE Long Run 150 BASE Swim 2500
Day 134 P90X3 - Dynamix	Day 135 P90X3 – Pilates X BASE Swim 3300	Day 136 BASE Bike 75	Day 137 BASE Swim 2500 P90X3 - Isometrics	Day 138 BASE Run SI 50 (1 minute interval)	Day 139 BASE Brick 180/60	Day 140 BASE Run 90 P90X3 – X3 Yoga



Day 141 P90X3 - Dynamix	Day 142 BASE Swim 3500 P90X3 - Triometrics	Day 143 BASE Brick 90/30	Day 144 BASE Swim 4000 BASE Run SI 50 (2 minute interval)	Day 145 P90X3 - Dynamix	Day 146 Ironman Big Day Workout	Day 147 BASE Swim 2500 BASE Long Run 60
Day 148 P90X3 - Dynamix	Day 149 BASE Swim 3300 P90X3 - Declerator	Day 150 BASE Bike PI 90	Day 151 BASE Swim 3800 BASE Tempo Run 55	Day 152 BASE Run SI 50 P90X3 – X3 Yoga	Day 153 BASE Brick 180/60	Day 154 BASE Swim 4600 (race simulation) BASE Long Run 60
Day 155 P90X3 - Dynamix	Day 156 BASE Swim 2500 BASE Bike PI 90	Day 157 BASE Bike 60	Day 158 BASE Swim 1900 P90X3 – X3 Yoga	Day 159 BASE Run Tempo 55	Day 160 BASE Bike 135	Day 161 BASE Long Run 70 BASE Swim 1900
Day 162 P90X3 - Dynamix	Day 163 BASE Swim 2000	Day 164 BASE Bike 45 P90X3 – X3 Yoga	Day 165 BASE Swim 1200	Day 166 BASE Bike Recovery 20	Day 167 Rest Day	Day 168 Ironman Race Day