

Workout Calendar for 1/2 Iron Early Season Generic [Close Window](#)

Summary	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1 Swim 3:00 Bike 11:25 Run 3:40 Day Off 0:00 Other 0:00 Hours 18:05/0:00/0:00	2/28/2005 Workout 1 Other Build Workout 2 Swim 1:00 A16 Workout 3 Run 0:40 M11	3/1/2005 Workout 1 Bike 1:30 S4a OR Workout 2 Bike 1:25 WT6a	3/2/2005 Workout 1 Swim 1:00 T13 Workout 2 Run 1:00 M1j	3/3/2005 Workout 1 Swim 1:00 E7d Workout 2 Bike 1:30 S4a OR Workout 3 Bike 1:00 TB2	3/4/2005 Workout 1 Day Off REST!!	3/5/2005 Workout 1 Bike 6:00 100 mi E3b	3/6/2005 Workout 1 Run 2:00 E3d
Week 2 Swim 3:00 Bike 10:30 Run 4:10 Day Off 0:00 Other 0:00 Hours 17:40/0:00/0:00	3/7/2005 Workout 1 Other Build Workout 2 Swim 1:00 A11	3/8/2005 Workout 1 Run 0:40 M11 Workout 2 Bike 1:30 S4a OR Workout 3 Bike 1:15 Trainer- high/low rpm	3/9/2005 Workout 1 Swim 1:00 T4 Workout 2 Run 1:00 2 mi A3b	3/10/2005 Workout 1 Swim 1:00 E9d Workout 2 Bike 1:30 S4a OR Workout 3 Bike 1:15 20 mi TB3	3/11/2005 Workout 1 Day Off None	3/12/2005 Workout 1 Bike 5:00 80 mi E3b Workout 2 Run 0:30 T Run	3/13/2005 Workout 1 Run 2:00 E3d
Week 3 Swim 3:00 Bike 8:30 Run 3:10 Other 0:00 Hours 14:40/0:00/0:00	3/14/2005 Workout 1 Other Recover Workout 2 Swim 1:00 D4 Workout 3 Run 0:30 E1a	3/15/2005 Workout 1 Bike 1:30 S4a OR Workout 2 Bike 1:15 EASY	3/16/2005 Workout 1 Run 1:10 6 mi M1j Workout 2 Swim 1:00 A12	3/17/2005 Workout 1 Bike 1:30 S4a OR Workout 2 Bike 1:15 EASY	3/18/2005 Workout 1 Swim 1:00 E3d	3/19/2005 Workout 1 Run 1:30 E3d	3/20/2005 Workout 1 Bike 3:00 50 mi E3b
Week 4 Swim 3:00 Bike 9:00 Run 3:40 Day Off 0:00 Other 0:00 Hours 15:40/0:00/0:00	3/21/2005 Workout 1 Other Build Workout 2 Swim 1:00 A16 Workout 3 Run 0:40 M11	3/22/2005 Workout 1 Day Off None	3/23/2005 Workout 1 Swim 1:00 E9d Workout 2 Run 1:00 3 mi A1f	3/24/2005 Workout 1 Bike 1:30 S4a OR Workout 2 Bike 1:30 TB4	3/25/2005 Workout 1 Swim 1:00 T6	3/26/2005 Workout 1 Bike 6:00 100 mi E3b	3/27/2005 Workout 1 Run 2:00 E3d
Week 5 Swim 1:00 Bike 11:30 Run 3:40 Day Off 0:00 Other 0:00 Hours 16:10/0:00/0:00	3/28/2005 Workout 1 Other Build Workout 2 Day Off None	3/29/2005 Workout 1 Bike 1:30 S4a OR Workout 2 Bike 1:00 Trainer- fast pedaling	3/30/2005 Workout 1 Run 1:00 A3f Workout 2 Swim 1:00 A15	3/31/2005 Workout 1 Bike 1:30 S4a OR Workout 2 Bike 1:30 SubLT, pyramid	4/1/2005 Workout 1 Swim S4 Workout 2 Run 0:40 M11	4/2/2005 Workout 1 Run 2:00 E3d	4/3/2005 Workout 1 Bike 6:00 100 mi E3b
Week 6 Swim 3:00 Bike 4:30 Run 2:50 Day Off 0:00 Other 0:00 Hours 10:20/0:00/0:00	4/4/2005 Workout 1 Other Recover Workout 2 Swim 1:00 D5	4/5/2005 Workout 1 Day Off None	4/6/2005 Workout 1 Swim 1:00 A1 Workout 2 Run 1:20 7 mi M1j	4/7/2005 Workout 1 Bike 1:30 25 mi E3c	4/8/2005 Workout 1 Swim 1:00 A2	4/9/2005 Workout 1 Run 1:30 E3d	4/10/2005 Workout 1 Bike 3:00 50 mi E2f
Week 7 Swim 2:00 Bike 7:45 Run 1:50 Brick 6:00 Day Off 0:00 Other 0:00 Hours 17:35/0:00/0:00	4/11/2005 Workout 1 Other Build Workout 2 Swim 1:00 A3 Workout 3 Run 0:50 M11	4/12/2005 Workout 1 Bike 1:15 A3h	4/13/2005 Workout 1 Swim 1:00 T6 Workout 2 Run 1:00 3 mi A1b	4/14/2005 Workout 1 Bike 2:30 30 mi TB6	4/15/2005 Workout 1 Day Off None	4/16/2005 Workout 1 Brick 6:00 85 mi E2c	4/17/2005 Workout 1 Bike 4:00 70 mi E2f
Week 8 Swim 3:45 Bike 8:30 Run 2:30	4/18/2005 Workout 1 Other Build	4/19/2005 Workout 1 Bike 1:30 20 mi	4/20/2005 Workout 1 Swim 1:00 T7	4/21/2005 Workout 1 Bike 3:00 50 mi	4/22/2005 Workout 1 Swim 1:00 M9d	4/23/2005 Workout 1 Swim 0:45 F1a	4/24/2005 Workout 1 Run 2:00 14 mi

Brick 1:30 Other 0:00 Hours 16:15/0:00/0:00	Workout 2 Swim 1:00 A12 Workout 3 Run 0:30 E1a	E1f	Workout 2 Brick 1:30 A1b	TB6		Workout 2 Bike 3:00 60 mi M1h	M3a Workout 2 Bike 1:00 15 mi E1a
Week 9 Swim 3:00 Bike 6:00 Run 2:15 Day Off 0:00 Hours 11:15/0:00/0:00	4/25/2005 Workout 1 Day Off None	4/26/2005 Workout 1 Bike 1:30 25 mi E1e Workout 2 Swim 1:00 A4	4/27/2005 Workout 1 Run 0:30 3 mi M1j Workout 2 Swim 1:00 S3	4/28/2005 Workout 1 Day Off None OR Workout 2 Bike 1:00 15 mi E1f	4/29/2005 Workout 1 Swim 1:00 F1a Workout 2 Run 0:45 5 mi E3d	4/30/2005 Workout 1 Run 1:00 6 mi E3d Workout 2 Bike 1:00 15 mi E1a	5/1/2005 Workout 1 Bike 2:30 45 mi E3b
Week 10 Swim 2:45 Bike 2:45 Run 1:45 Race 6:00 Day Off 0:00 Hours 13:15/0:00/0:00	5/2/2005 Workout 1 Swim 1:00 A5	5/3/2005 Workout 1 Run 0:30 E1a Workout 2 Bike 1:00 15 mi R2c	5/4/2005 Workout 1 Swim 0:45 M9b Workout 2 Run 0:45 3 mi	5/5/2005 Workout 1 Swim 0:30 F1b Workout 2 Run 0:30 Workout 3 Bike 0:45 R1a	5/6/2005 Workout 1 Swim 0:30 F1b OR Workout 2 Day Off None	5/7/2005 Workout 1 Race 6:00 70 mi None	5/8/2005 Workout 1 Day Off None OR Workout 2 Bike 1:00 15 mi E1a

NOTE: Select "File -> Print" from your browser's menu to print this page