
WEEK 13

BUILD PHASE

Carrie W.

April 14–20, 2026 • Be IronFit Intermediate

17

WEEKS TO

MICHIGAN TITANIUM

August 16, 2026

TOTAL

11:00

SWIM

3:00

BIKE

4:45

RUN

3:15

THE WEEK • WHAT TO DO EVERY DAY

☀️ Fri 82° sunny = best ride day ⚡ Sat 75° storms 90% = trainer 📅 Sun Athens 56° breezy

DAY	SWIM	BIKE	RUN	⚠️ CUT
Mon 4/14	—	☐ 55min 15.7mi 17.1mph	REST	—
Tue 4/15	#38 3,000yd 5×ladder	—	0:45 Z2 3×3min Z4 @1.5m jog	Swim 3 ladders Run 2×3min
Wed 4/16	—	0:45 Z2 → T2 15–17mph steady	0:15 Z2 QC Off the bike	Ride 0:30
Thu 4/17	#39 3,000yd 3×(Pull+free)	1:00 Z2 2×5min Z4 @3m spin (18-19+mph)	—	Swim 2 rnds Bike no Z4
Fri 4/18	#40 3,000yd 1,800 straight	—	1:00 Z2 7.5min Z4 tempo	Skip run
Sat 4/19	—	3:00 Long Ride 7.5min Z4 @2:50 ⚡Trainer likely	→ Sun HM	2:00 easy No Z4
Sun 4/20	—	—	Athens Half Marathon Training run	All Z2

ZONES Z2 Run 10:00+/mi | Z4 Run 9:00–9:15/mi | Z2 Bike 15–17mph | Z4 Bike 18–19+mph | Swim 75–80% effort

LAST WEEK

You Crushed It

12:47

TOTAL HOURS

Biggest week of 2026

60.9

MILE RIDE SAT

3:34 at 17.0 mph

9:18

FASTEST PACE

Thursday • HR 148

Mon: 12-mile run (2:01, 10:05/mi) + 21min swim. Double session to open.

Tue: 31min bike + 55min weights. Active recovery.

Wed: 49min ride (16.9mph) + 27min swim (1,500 yds).

Thu: 56min run (9:18/mi, HR 148). Fastest pace of the month.

Fri: 49min weight training. Legs needed a break.

Sat: 3:34 ride / 60.9 miles / 17.0 mph + 29min swim. The big one.

Sun: 64min run (10:00/mi, HR 134). Easy close. Lowest HR = recovering well.

Most people don't do in a month what you did last week. A 61-mile ride on Saturday followed by a 6-mile run on Sunday takes serious commitment. You're not just training for an Ironman — you're becoming one.

THIS WEEK

Building, Not Backing Off

	LAST WEEK	THIS WEEK
Total Volume	12:47	11:00
Swim	1:17 (3)	3:00 (3)
Bike	4:54 (3)	4:45 (4)
Run	4:02 (3)	3:15 (4)
Z4 Sessions	~1	4 structured
Long Ride	3:34 / 60.9mi	3:00 / ~51mi
Long Run	2:01 / 12mi	Half Marathon

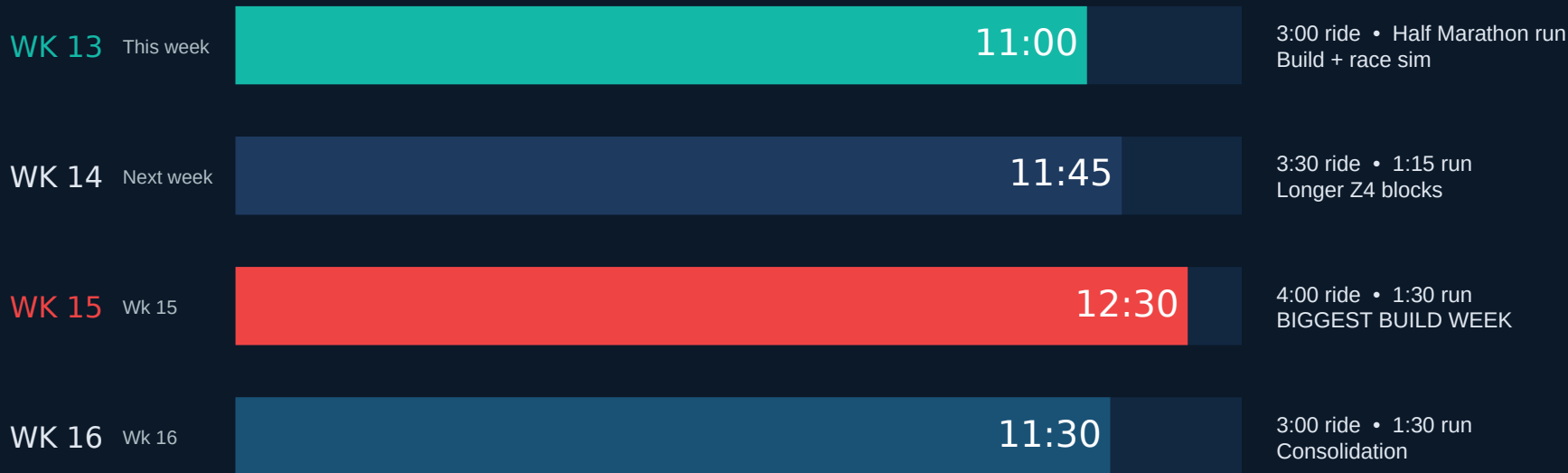
THE SHIFT

Volume is slightly down from last week, but intensity jumps hard: 4 structured Z4 sessions vs ~1. Your body is being asked to go harder, not longer. That's the Build Phase doing its job.

SWIM GAP: You logged 1:17 of swimming last week; this week calls for 3:00. If you can't hit all three sessions, prioritize Thu #39 (pull set) and Fri #40 (long straight). Those build race-day endurance.

WHAT'S COMING

Brace, Then Breathe



You're in a three-week build block. Week 15 is the peak at 12:30 with a 4-hour ride. But you already did 12:47 last week — so even the hardest planned week is territory your body has already visited. After Week 15, volume dips for Week 16. The plan pushes you to a new ceiling, then lets you absorb. This is normal. It's supposed to be hard.

WEATHER STRATEGY

Plan Around the Forecast

Tue 4/15

83°F

Storms PM

Trainer if afternoon storms

Wed 4/16

74°F

Cloudy

OK for outdoor brick

Thu 4/17

82°F

Storms PM

Morning outdoor or trainer

Fri 4/18

82°F

Sunny

BEST outdoor day — move long ride here?

Sat 4/19

75°F

Storms 90%

Trainer day. Gusty wind.

Sun 4/20

56°F

Breezy, PM showers

Athens HM — cool start, bring throwaway layer

Friday is the gem: 82°F and sunny. Saturday is storms (90%). If you want the 3-hour ride outdoors, Friday afternoon is the day. Saturday becomes a trainer session.

WEEK 13 OF 30

Past Halfway. Keep Going.

Seventeen weeks from now, you're going to swim 2.4 miles, ride 112, and run 26.2. There will be a moment around mile 80 on the bike where you'll wonder why you signed up for this. And then you'll remember: Saturday mornings on the trainer, Tuesday evening intervals, early laps at the pool. You'll remember you did the work. Every single week. Week 13 of 30. Past halfway. The base is built. The speed is coming. Let's have a great week.