



TRIATHLON · ADVANCED

Advanced Ironman



24-Week Ironman Training Plan

Build to the full Ironman: 3.8K swim, 180K bike, 42.2K run.

EVENT

Ironman

LEVEL

Advanced

LENGTH

24 weeks

DAYS / WEEK

6



Train it in the app

Scan to get Gritup — this plan adapts to your pace, reschedules itself around missed sessions, and syncs to your watch.

gritup.fit

The plan · 24 weeks · week 1 to race week

No dates. Start week 1 whenever you're ready — the app anchors the plan to your real race day and moves the rest around your life.

Week 1

BASE

Mon	BIKE Long Ride	202 min
192 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Long Swim	54 min
44 min continuous · 5 min warm-up · 5 min cool-down		
Wed	RUN Easy Run	52 min
42 min continuous · 5 min warm-up · 5 min cool-down		
Thu	SWIM Drill Swim	48 min
2 × 16 min–22 min with recoveries · 5 min warm-up · 5 min cool-down		
Fri	RUN Long Run	91 min
81 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE Long Ride	202 min
192 min continuous · 5 min warm-up · 5 min cool-down		

Week 2

BASE

Mon	BIKE Long Ride	217 min
207 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Long Swim	55 min
45 min continuous · 5 min warm-up · 5 min cool-down		
Wed	RUN Easy Run	53 min
43 min continuous · 5 min warm-up · 5 min cool-down		
Thu	SWIM Drill Swim	49 min
2 × 16 min–23 min with recoveries · 5 min warm-up · 5 min cool-down		
Fri	RUN Long Run	97 min
87 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE Long Ride	217 min
207 min continuous · 5 min warm-up · 5 min cool-down		

Week 3

BASE

Mon	BIKE Long Ride	231 min
221 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Long Swim	56 min
46 min continuous · 5 min warm-up · 5 min cool-down		
Wed	RUN Easy Run	53 min
43 min continuous · 5 min warm-up · 5 min cool-down		
Thu	SWIM Drill Swim	49 min
2 × 16 min–23 min with recoveries · 5 min warm-up · 5 min cool-down		
Fri	RUN Long Run	104 min
94 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE Long Ride	231 min
221 min continuous · 5 min warm-up · 5 min cool-down		

Week 4

BASE

Mon	BIKE Long Ride	246 min
236 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Long Swim	57 min
47 min continuous · 5 min warm-up · 5 min cool-down		
Wed	RUN Easy Run	54 min
44 min continuous · 5 min warm-up · 5 min cool-down		
Thu	SWIM Drill Swim	50 min
2 × 16 min–24 min with recoveries · 5 min warm-up · 5 min cool-down		
Fri	RUN Long Run	111 min
101 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE Long Ride	246 min
236 min continuous · 5 min warm-up · 5 min cool-down		

Week 5

BASE

Mon	BIKE Long Ride	261 min
251 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Long Swim	57 min
47 min continuous · 5 min warm-up · 5 min cool-down		
Wed	RUN Easy Run	55 min
45 min continuous · 5 min warm-up · 5 min cool-down		
Thu	SWIM Drill Swim	51 min
2 × 17 min–24 min with recoveries · 5 min warm-up · 5 min cool-down		
Fri	RUN Long Run	117 min
107 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE Long Ride	261 min
251 min continuous · 5 min warm-up · 5 min cool-down		

Week 6

BASE

Mon	BIKE Long Ride	276 min
266 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Long Swim	58 min
48 min continuous · 5 min warm-up · 5 min cool-down		
Wed	RUN Easy Run	56 min
46 min continuous · 5 min warm-up · 5 min cool-down		
Thu	SWIM Drill Swim	51 min
2 × 17 min–24 min with recoveries · 5 min warm-up · 5 min cool-down		
Fri	RUN Long Run	124 min
114 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE Long Ride	276 min
266 min continuous · 5 min warm-up · 5 min cool-down		

Week 7

BASE

Mon	BIKE Long Ride	291 min
281 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Long Swim	59 min
49 min continuous · 5 min warm-up · 5 min cool-down		
Wed	RUN Easy Run	56 min
46 min continuous · 5 min warm-up · 5 min cool-down		
Thu	SWIM Drill Swim	52 min
2 × 17 min–25 min with recoveries · 5 min warm-up · 5 min cool-down		
Fri	RUN Long Run	131 min
121 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE Long Ride	291 min
281 min continuous · 5 min warm-up · 5 min cool-down		

Week 8

BASE

Mon	BIKE Long Ride	306 min
296 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Long Swim	59 min
49 min continuous · 5 min warm-up · 5 min cool-down		
Wed	RUN Easy Run	57 min
47 min continuous · 5 min warm-up · 5 min cool-down		
Thu	SWIM Drill Swim	52 min
2 × 17 min–25 min with recoveries · 5 min warm-up · 5 min cool-down		
Fri	RUN Long Run	137 min
127 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE Long Ride	306 min
296 min continuous · 5 min warm-up · 5 min cool-down		

Week 9

BUILD

Mon	BIKE Long Ride	281 min
271 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Threshold Intervals	50 min
8 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down		
Wed	RUN Threshold Intervals	55 min
5 × (5 min work / 2 min easy) · 10 min warm-up · 10 min cool-down		
Thu	BIKE Threshold Intervals	49 min
8 × (2 min work / 1 min easy) · 15 min warm-up · 10 min cool-down		
Fri	RUN Long Run	126 min
116 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE/RUN Brick: Easy Bike → Run	326 min
2 × 88 min–213 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 10

BUILD

Mon	BIKE Long Ride	310 min
300 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Threshold Intervals	50 min
8 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down		
Wed	RUN Threshold Intervals	60 min
5 × (5 min work / 2 min easy) · 15 min warm-up · 10 min cool-down		
Thu	BIKE Threshold Intervals	49 min
8 × (2 min work / 1 min easy) · 15 min warm-up · 10 min cool-down		
Fri	RUN Long Run	139 min
129 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE Long Ride	313 min
303 min continuous · 5 min warm-up · 5 min cool-down		

Week 11

BUILD

Mon	BIKE Long Ride	309 min
299 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Threshold Intervals	50 min
8 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down		
Wed	RUN Threshold Intervals	60 min
5 × (5 min work / 2 min easy) · 15 min warm-up · 10 min cool-down		
Thu	BIKE Threshold Intervals	49 min
8 × (2 min work / 1 min easy) · 15 min warm-up · 10 min cool-down		
Fri	RUN Long Run	139 min
129 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE/RUN Brick: Easy Bike → Run	360 min
2 × 98 min–237 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 12

BUILD

Mon	BIKE Long Ride	273 min
263 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Threshold Intervals	50 min
8 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down		
Wed	RUN Threshold Intervals	48 min
4 × (5 min work / 2 min easy) · 10 min warm-up · 10 min cool-down		
Thu	BIKE Threshold Intervals	44 min
8 × (2 min work / 1 min easy) · 10 min warm-up · 10 min cool-down		
Fri	RUN Long Run	122 min
112 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE Long Ride	273 min
263 min continuous · 5 min warm-up · 5 min cool-down		

Week 13

BUILD

Mon	BIKE Long Ride	345 min
335 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Threshold Intervals	50 min
8 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down		
Wed	RUN Threshold Intervals	67 min
6 × (5 min work / 2 min easy) · 15 min warm-up · 10 min cool-down		
Thu	BIKE Threshold Intervals	49 min
8 × (2 min work / 1 min easy) · 15 min warm-up · 10 min cool-down		
Fri	RUN Long Run	159 min
149 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE/RUN Brick: Easy Bike → Run	360 min
2 × 98 min–237 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 14

BUILD

Mon	BIKE Long Ride	351 min
341 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Threshold Intervals	50 min
8 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down		
Wed	RUN Tempo Run	70 min
45 min continuous · 15 min warm-up · 10 min cool-down		
Thu	BIKE Tempo Ride	75 min
5 × (8 min work / 2 min easy) · 15 min warm-up · 10 min cool-down		
Fri	RUN Long Run	158 min
148 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE/RUN Brick: Pacing Bike → Run	167 min
2 × 40 min–102 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 15

BUILD

Mon	BIKE Long Ride	361 min
351 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Threshold Intervals	50 min
8 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down		
Wed	RUN Tempo Run	70 min
45 min continuous · 15 min warm-up · 10 min cool-down		
Thu	BIKE Tempo Ride	75 min
5 × (8 min work / 2 min easy) · 15 min warm-up · 10 min cool-down		
Fri	RUN Long Run	162 min
152 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE/RUN Brick: Pacing Bike → Run	172 min
2 × 42 min–105 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 16

BUILD

Mon	BIKE Long Ride	296 min
286 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Threshold Intervals	50 min
8 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down		
Wed	RUN Tempo Run	56 min
36 min continuous · 10 min warm-up · 10 min cool-down		
Thu	BIKE Tempo Ride	65 min
4 × (8 min work / 2 min easy) · 15 min warm-up · 10 min cool-down		
Fri	RUN Long Run	133 min
123 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE/RUN Brick: Pacing Bike → Run	137 min
2 × 31 min–81 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 17

BUILD

Mon	BIKE Long Ride	380 min
370 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Threshold Intervals	50 min
8 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down		
Wed	RUN Tempo Run	70 min
45 min continuous · 15 min warm-up · 10 min cool-down		
Thu	BIKE Tempo Ride	75 min
5 × (8 min work / 2 min easy) · 15 min warm-up · 10 min cool-down		
Fri	RUN Long Run	171 min
161 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE/RUN Brick: Pacing Bike → Run	181 min
2 × 44 min–112 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 18

BUILD

Mon	BIKE Long Ride	390 min
380 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Threshold Intervals	50 min
8 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down		
Wed	RUN Tempo Run	70 min
45 min continuous · 15 min warm-up · 10 min cool-down		
Thu	BIKE Tempo Ride	75 min
5 × (8 min work / 2 min easy) · 15 min warm-up · 10 min cool-down		
Fri	RUN Long Run	175 min
165 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE/RUN Brick: Pacing Bike → Run	185 min
2 × 45 min–115 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 19

PEAK

Mon	BIKE Long Ride	338 min
328 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Long Swim	62 min
52 min continuous · 5 min warm-up · 5 min cool-down		
Wed	RUN Tempo Run	64 min
39 min continuous · 15 min warm-up · 10 min cool-down		
Thu	BIKE Tempo Ride	75 min
5 × (8 min work / 2 min easy) · 15 min warm-up · 10 min cool-down		
Fri	RUN Long Run	152 min
142 min continuous · 5 min warm-up · 5 min cool-down		
Sun	SWIM/BIKE/RUN Brick: Swim → Bike → Run	382 min
3 × 49 min–202 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 20

PEAK

Mon	BIKE Long Ride	249 min
239 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Long Swim	46 min
36 min continuous · 5 min warm-up · 5 min cool-down		
Wed	RUN Tempo Run	50 min
30 min continuous · 10 min warm-up · 10 min cool-down		
Thu	BIKE Tempo Ride	60 min
4 × (8 min work / 2 min easy) · 10 min warm-up · 10 min cool-down		
Fri	RUN Long Run	112 min
102 min continuous · 5 min warm-up · 5 min cool-down		
Sun	SWIM/BIKE/RUN Brick: Swim → Bike → Run	348 min
3 × 44 min–183 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 21

PEAK

Mon	BIKE Long Ride	338 min
328 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Long Swim	62 min
52 min continuous · 5 min warm-up · 5 min cool-down		
Wed	RUN Tempo Run	64 min
39 min continuous · 15 min warm-up · 10 min cool-down		
Thu	BIKE Tempo Ride	75 min
5 × (8 min work / 2 min easy) · 15 min warm-up · 10 min cool-down		
Fri	RUN Long Run	152 min
142 min continuous · 5 min warm-up · 5 min cool-down		
Sun	SWIM/BIKE/RUN Brick: Swim → Bike → Run	382 min
3 × 49 min–202 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 22

TAPER

Mon	SWIM Easy Swim	48 min
38 min continuous · 5 min warm-up · 5 min cool-down		
Tue	BIKE Easy Ride	36 min
36 min continuous		
Wed	RUN Tempo Run	56 min
36 min continuous · 10 min warm-up · 10 min cool-down		
Thu	BIKE Tempo Ride	65 min
4 × (8 min work / 2 min easy) · 15 min warm-up · 10 min cool-down		
Fri	RUN Long Run	91 min
81 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE/RUN Brick: Easy Bike → Run	236 min
2 × 61 min–150 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 23

TAPER

Mon	SWIM Easy Swim	49 min
39 min continuous · 5 min warm-up · 5 min cool-down		
Tue	BIKE Easy Ride	37 min
37 min continuous		
Wed	RUN Tempo Run	57 min
37 min continuous · 10 min warm-up · 10 min cool-down		
Thu	BIKE Tempo Ride	65 min
4 × (8 min work / 2 min easy) · 15 min warm-up · 10 min cool-down		
Fri	RUN Long Run	75 min
65 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE/RUN Brick: Easy Bike → Run	194 min
2 × 48 min–121 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 24

RACE WEEK

Mon	SWIM Easy Swim	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		
Tue	BIKE Easy Ride	45 min
45 min continuous		
Wed	RUN Easy Run	65 min
55 min continuous · 5 min warm-up · 5 min cool-down		
Thu	SWIM Recovery Swim	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Fri	SWIM Easy Swim	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		
Sun	SWIM/BIKE/RUN Race Day: Triathlon RACE	699 min
3 × 85 min–330 min with recoveries		