

IRONMÄÖRI PROGRAMME

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1-8	Strength	Metcon	Ironmāori Specific	Rest	Ironmāori Specific		

Week 9	DELOAD WEEK: Deload week is a period of reduced training that is to help the body recover from previous workouts and avoid over training.
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NON-NEGOTIABLE

These colour highlighted days are the mandatory days needed to build towards Ironmāori ki Tāmaki.
The Ironmāori specific days will include swim, bike or run.

OPTIONAL

This is an optional session that will compliment your Ironmāori training programme.

REST DAY

It is important to take rest days in order to allow the body to repair and recover.

IRONMĀORI SPECIFIC

These sessions will be based on the different disciplines for Ironmāori - Swim, Bike and Run. These sessions are self-directed. Training programmes are available through Takatū to assist you in the lead up to the event.