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## Half Ironman Training Plan

**the plan my first ironman - amazon s3 - the plan ironman: time poor march 2012 95 week 01 week 02 thur wed mon mon t ue t ue run 50mins sat sat endurance run in z2 bike 90mins muscular endurance wu 30mins in z2 main 30mins in z3 wd 30mins in z2. stay seated on climbs bike 90mins**

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