



Seán's Iron-Man Training schedule is:

Monday	=	REST
Tuesday	=	Weights/Core in the morning 80km Cycle after work
Wednesday	=	Light run in the morning Swim 3000m
Thursday	=	Weights/Core morning Run 22-25km run
Friday	=	Swim 3000m
Saturday	=	Cycle 130-180km + Run off the bike 5-15km depending how i feel
Sunday	=	Open Water Swim 3km-6km Morning Weights/core

<http://www.ironmanfrance.com/indeximfr.htm>

Please Lodge all your donations into the following Bank account:
Name: **Build4Life**
A/C Number: 10210527
Sort Code: 98-54-88
Ulster Bank Bank, Wilton, Cork.
Thank You for your support.
Seán Murphy



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ca va être Show!