

TRAINING PLAN
COACH DERMOTTHAY



MASTER HALF IRONMAN

IN 8 WEEKS!

Turn to p99 for four race-day power brekkie recipes, designed to fuel you from the off!



Racing middle distance in 2017? Want to smash your PB? Then follow our eight-week plan to reach the finish line faster

For many triathletes, taking on a 70.3 race is the furthest they will ever go, for others it's a stepping stone to full iron-distance racing. Whatever it is for you, it shouldn't be taken lightly and requires a commitment to the training if race day is going to be a success.

Completing a 70.3 is best done with some experience of triathlon racing and ideally a knowledge of how your body reacts to exercise stress after 2-3hrs. Watching Alistair Brownlee recently step up to racing 70.3 may have seemed effortless but let's not forget the huge amount of miles the professionals cover in training.

The training plan overleaf is designed for those who are able to commit to six days training per week. You'll need a decent base level of fitness and an understanding of working at differing levels of intensity. One key element in this training plan is that some weeks have a number of 'double days' where there are two training sessions – these don't need to be done in succession and in fact it's better to recover between training

sessions and be ready to execute each session as strongly as possible. Consider how best to refuel between sessions on double days with the right hydration and nutrition.

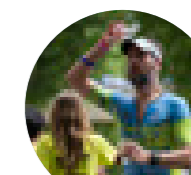
Each week includes one open-water swim. It's absolutely crucial that you spend enough time getting ready for the swim; if you can be as comfortable as possible in the open-water environment and get a strong start to the race, then you stand a great chance of overall race success. Practise 'sighting', swimming in groups and getting used to physical contact as well as building your swim endurance.

If, as an athlete, you've been used to racing shorter distances at higher intensities, part of the transition to middle-distance racing is to reduce speed slightly but improve endurance to tolerate the stress for longer periods. It's a bit like walking a tightrope and knowing that if you spend too long on the wrong side you're likely to have a major fall from grace! The longer bike and runs, as well as the brick sessions, are your ideal opportunity to dial in your middle-distance race pace. ▶

COACH'S TIPS MIDDLE PREP



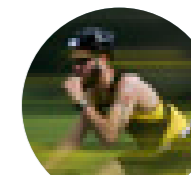
DO YOUR RESEARCH
Research the course and try, where possible, to replicate the amount of climbing and terrain during the key sessions, like the brick workouts and the long bike and run.



PRACTISE WALKING
During the longest runs and the brick sessions it's okay to walk during the run element. On race day you're advised to walk through aid stations so get used to it now.



START RIGHT
During open-water swim sessions, practise how to start strong and then find your race-pace rhythm. Prepare for contact with others and don't let it disrupt you.



PRACTISE FUELLING
Train using the same nutrition you want to use on race day. 70.3 racing requires a lot of nutrition so you need to know what works for you and how much to take.

GETTY IMAGES

TRAINING PLAN - WEEKS 1 TO 4

MONDAY • TUESDAY • WEDNESDAY • THURSDAY • FRIDAY • SATURDAY • SUNDAY

WEEK1-TIMETOGETSTARTED.OURPLANBEGINSONAMONDAY,BUTYOU CAN START ON ANY DAY OF THE WEEK

SWIM 4 x 200m moderate • 4 x 150m vigorous • 4 x 100m very hard • 30secs rest between reps	BIKE 1 x [10mins moderate/2mins easy] • 5 x [2mins hard/1min very hard/1min easy] • 1 x [10mins moderate/2mins easy]	RUN 8-10 x 1km vigorous • 45secs rest between reps	BIKE 5 x [7mins moderate/3mins easy]	REST DAY	OW SWIM 2km, inc. 2 x 500m @70.3 race pace. Focus on sighting, and turn at buoys BIKE 70km moderate on an undulating route	RUN 12km moderate on a flat route
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WEEK2-ALWAYSINCLUDEAWARM-UPBEFOREEACHSESSION-5-8MINSOFGRADUALLYBUILDINGFROMEASYTOVIGOROUS

SWIM 4 x 200m moderate • 4 x 150m vigorous • 4 x 100m very hard • 30secs rest between reps	BIKE 1 x [12mins moderate / 3mins recovery] • 6 x [2mins hard/1min very hard / 1min easy] • 1 x [12mins moderate / 3mins easy]	RUN 8-10 x 1km vigorous • 45secs rest between reps	RUN 4 x [7mins moderate / 3mins easy]	REST DAY	OW SWIM 2.5km • Include 3 x 400m efforts @ faster than 70.3 race pace. Focus on sighting, swimming with head up and turning at buoys	BRICK 60-70km bike moderate • 8km run estimated 70.3 race pace
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WEEK3-ALWAYSINCLUDEACOOLO-DOWNAFTEREACHSESSION-3-5MINSOFEASYCARDIOFOLLOWEDBYSTRETCHES

SWIM 4 x 150m vigorous • 4 x 250m moderate • 4 x 150m vigorous • 30secs rest between reps	BIKE 1 x [12mins moderate / 3mins recovery] • 6 x [2mins hard/1min very hard/1min easy] • 1 x [12mins moderate / 3mins easy]	RUN 6-7 x 1.5km vigorous; 45secs rest between reps SWIM 3 x 600m moderate; increasing pace in final 150m; 30secs rest between reps	BRICK Repeat 3 x • 10mins bike vigorous • 5mins run moderate • 90secs rest between reps	REST DAY	OW SWIM 2.3km, inc. 1 x 1km @70.3 race pace; try to swim in groups BIKE 80-90km moderate on an undulating route; inc. 2 x 15km @faster than 70.3 pace	RUN 15-16km moderate on a flat route • Include 3 x 2km @faster than 70.3 race pace
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WEEK4-REMEMBER;DOUBLE DAY SESSIONS DON'T NEED TO BE DONE IN SUCCESSION-RECOVER WELL BETWEEN EACH

SWIM 4 x 150m vigorous • 4 x 250m moderate • 4 x 150m vigorous • 30secs rest between reps	BIKE 1 x [10mins moderate/2mins easy] • 5 x [2mins hard /1min very hard/1min easy] • 1 x [10mins moderate/2mins easy]	RUN 6-7 x 1.5km vigorous • 45secs rest between reps	BIKE 5 x [8mins moderate/2mins easy]	REST DAY	RUN 2km easy; treat like a recovery run OW SWIM 1km easy	MOCK RACE 1.5km swim • 40km bike • 10km run • Treat as a training session. Train using fuel and kit you will use on race day.
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TRAINING PLAN - WEEKS 5 TO 8

MONDAY • TUESDAY • WEDNESDAY • THURSDAY • FRIDAY • SATURDAY • SUNDAY

WEEK5 - PRACTISE KEY OPEN-WATER SKILLS IN YOUR WEEKLY OUTDOOR SWIM SESSION

SWIM 5 x 200m moderate • 20secs rest between reps • 10 x 100m vigorous • 15secs rest between reps	BIKE 2 x [8mins moderate/2mins easy] • 10 x [1min very hard/1min easy] • 2 x [8mins moderate/2mins easy]	RUN 5-6 x 2km vigorous; 45secs rest between reps SWIM 3 x 600m moderate, increase pace in final 150m; 30secs rest between reps	BRICK Repeat 3 x • 10mins bike vigorous • 5mins run moderate • 90secs rest between reps	REST DAY	OW SWIM 2.5km, inc. 3 x 500m @faster than 70.3 pace; swim in groups BIKE 100km moderate on an undulating route; inc. 3 x 15km @faster than 70.3 pace	RUN 18-20km moderate on a flat route. • Include 3 x 3km @faster than 70.3 race pace
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WEEK6-THE LONGER BIKE AND RUNS AS WELL AS THE BRICKS ARE DEALTODIALINYOUR MIDDLE-DISTANCE RACE PACE

SWIM 5 x 200m moderate • 20secs rest between reps • 10 x 100m vigorous • 15secs rest between reps	BIKE 2 x [10mins moderate/2mins easy] • 12 x [1min very hard/1min easy] • 2 x [10mins moderate/2mins easy]	RUN 5-6 x 2km vigorous • 45secs rest between reps	RUN 5 x [7mins moderate/3mins easy]	REST DAY	OW SWIM 2.5km • Include 1 x 1.9km @70.3 race pace. Focus on sighting, swimming with head up and turning at buoys	BRICK 80km bike moderate • 12-14km run estimated 70.3 race pace • Train using fuel and kit you will use on race day
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WEEK7-THE FINAL BIG WEEK OF TRAINING, AGAIN REDUCING SPEED BUT FOCUSING ON ENDURANCE

SWIM 4 x 200m moderate • 4 x 150m vigorous • 4 x 100m very hard • 30secs rest between reps	BIKE 2 x [8mins moderate/2mins easy] • 10 x [1min very hard/1min easy] • 2 x [8mins moderate/2mins easy]	RUN 5 x 1.5km vigorous; 45secs rest between reps SWIM 3 x 600m moderate, increase pace in final 150m; 30secs rest between reps	BIKE 4 x [8mins moderate/2mins easy]	REST DAY	OW SWIM 2.2km • Include 3 x 400m @faster than 70.3 race pace. Focus on starts and finding swim pace	BRICK 50km bike estimated 70.3 race pace • 10km run estimated 70.3 race pace • Train using fuel and kit you will use on race day
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WEEK8-THIS WEEK INCLUDES TWO REST DAYS AS YOU TAP TOWARDSTHE ALL-IMPORTANT RACE!

SWIM 10 x 100m vigorous • 20secs rest between reps	REST DAY	BRICK 2 x • 12mins bike moderate • 6mins run moderate • 90secs rest between reps	BIKE 4 x [7mins moderate/3mins easy]	REST DAY	RUN 2-3km easy on course; treat like a recovery run OW SWIM 1km easy on course	70.3 RACE 1.9km swim • 90km bike • 21.1km run • Execute your race plan using the knowledge gained from your training. Good luck!
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