

12-WEEK PLAN

CONQUER YOUR FIRST 70.3!

Whatever your reason for mastering the middle in 2020, we've just made it so much easier to achieve thanks to this issue's three-month, half-Iron plan...



70.3 INSPO
Turn to p20 to find out how Alistair Brownlee made the successful move from OD to 70.3.

TRAINING PLAN
COACH DERMOTT HAYES



So, you're going to do a 70.3/half-Ironman/middle-distance race. Maybe you're stepping up after racing short course for a few years. Or maybe you're dropping back down after having completed an Ironman. Whatever your reason, it's time to make sure you're ready for the 1.9km swim, 90km bike and 21.1km run.

This plan forms what is known as the end of the traditional 'build' phase and the complete 'peak' phase, taking you all the way to your 70.3 race day. With this in mind, if you want to follow this plan, it's crucial that you've already spent time working on the 'base' phase for a 70.3 and that you've laid down solid foundations on which to build your training distances. Jumping straight into this plan from very little training could lead to injury and fatigue very quickly.

Over the page you'll find a healthy balance between swim, bike and run training, with a slight emphasis on the bike as this is where you can make real gains at this distance. Sessions in the plan vary between tempo, race pace, interval and recovery styles, and this varied approach

will ensure a high quality of intensity when needed, but also make sure that you train at lower intensities to help with fat burning and endurance.

It wouldn't be a successful plan without bike/run brick sessions, and we include longer traditional race simulation-style sessions that really help to boost endurance. We also include shorter-duration, multi-transition-style sessions that you can execute at slightly faster paces and also use to practise kit changes.

A major part of executing a successful 70.3 is to get your head straight as to what kind of pacing is needed – it's not just as simple as going a bit slower than you did for an Olympic tri, or going faster than you did at Ironman. 70.3 racing requires a real balancing act when it comes to pacing, and that has to be developed through training experiences. Base your initial targets around previous racing experiences and then introduce those paces into training and see how far off the mark you are. Be prepared to be flexible and keep revisiting your targets.

Remember to try and train harder than you need to race – doing the real hard miles in training will make the race easy... kinda! ▶

COACH'S TIPS TRI HARD, REST UP



PREP THE COURSE
Do your homework on your race course and try to replicate it in training where possible.



BREAK DOWN THE SESSIONS
Mentally break down the longer training sessions into smaller, more manageable chunks.



STAY ORGANISED
You have to be organised to make this training happen. Sort out your kit. Sort out your diary.



TEST BEFORE RACE DAY
Test your equipment, clothing and nutrition in training. Not on race day.

TRAINING PLAN - WEEKS 1 TO 4

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

WEEK 1 - OUR WEEKLY PLAN BEGINS ON A MONDAY, BUT YOU CAN START ON ANY DAY OF THE WEEK

SWIM INT 6 x 50m + polo sighting • 4 x 200m steady; 20secs RI • 4 x 150m hard; 15secs RI • 4 x 100m very hard; 10secs RI	BIKE PACE 2 x [25mins @RP; 5mins recovery]	RUN INT 5 x 2km @10secs/km faster than target 70.3 RP • 60sec RI	BIKE REC 1hr easy • Focus on maintaining comfortable heart rate and rpm	REST DAY	BIKE END 80-90km • Include 2 x 15km hard with 10km moderate efforts in between • Try to find a route similar to your 70.3 course	RUN TEMPO 2 x 6km @20secs/km faster than target 70.3 RP • Take 3mins recovery between efforts
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WEEK 2 - DON'T FORGET, RI = REST INTERVAL; RP = RACE PACE; PB = PULL BUOY; RPM = REVS PER MINUTE

SWIM INT 2 x [2 x 100m easy + PB; 4 x 200m hard; 20secs RI]	MULTI BRICK 2 x • 15km bike @RP • 3km run @RP	BIKE INT 5 x [2mins standing climb hard; 2mins recovery; 2mins high rpm hard; 2mins recovery]	SWIM END 5 x 400m @RP; 30secs RI RUN REC 4km @15secs/km slower than RP	REST DAY	BIKE END 60-70km • Focus on body position and nutrition strategy	RUN END 16km aiming to fine-tune your RP • Include run/walk strategy if necessary
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WEEK 3 - ALWAYS INCLUDE A WARM-UP WITH EACH SESSION, 5-8MINS GRADUALLY BUILDING INTENSITY

SWIM INT 20 x 100m @RP; 10secs RI	BIKE TEMPO 5 x [12mins @RP; 3mins recovery]	RUN TEMPO 12km as 6 x [1km @RP; 500m hard; 500m recovery pace]	BIKE INT 5 x [4mins hard; 2mins recovery] • 5mins moderate • 10 x [2mins very hard; 1min recovery]	REST DAY	SWIM END 2km • Focus on holding target 70.3 RP and being in control	BRICK 60km bike • 10km run • Complete both @target 70.3 RP
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WEEK 4 - DON'T FORGET, INT = INTERVAL; REC = RECOVERY; END = ENDURANCE; TT = TIME TRIAL

SWIM TT 1.9km • Treat like a time trial and swim sustainably hard	BIKE PACE 2 x [25mins @RP; 5mins recovery]	RUN INT 5 x 2km @10secs/km faster than RP • 50sec RI	BIKE REC 1hr easy • Focus on maintaining comfortable heart rate and rpm	REST DAY	BIKE END 100km • Include 2 x 20km hard with 10km moderate efforts in between • Try to find a route similar to your 70.3 course	RUN TEMPO 2 x 7km @20secs/km faster than target 70.3 RP • Take 3mins recovery between efforts
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TRAINING PLAN - WEEKS 5 TO 8

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

WEEK 5 - ALWAYS INCLUDE A COOL-DOWN FOLLOWING EACH SESSION, 3-5MINS OF EASY CARDIO FOLLOWED BY STRETCHES

SWIM INT 6 x 50m + polo sighting • 4 x 200m steady; 20secs RI • 4 x 150m hard; 15secs RI • 4 x 100m very hard; 10secs RI	MULTI BRICK 2 x • 18km bike @RP • 3km run @RP	BIKE INT 5 x [2mins standing climb hard; 2mins recovery; 2mins high rpm hard; 2mins recovery]	SWIM END 5 x 400m @RP; 30secs RI RUN REC 4km @15secs/km slower than target 70.3 RP	REST DAY	BIKE END 60-70km • Focus on body position and nutrition strategy	RUN END 18km aiming to fine-tune your RP • Include run/walk strategy if necessary
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WEEK 6 - THE PLAN FEATURES A MIX OF BRICKS TO HELP BOOST BOTH ENDURANCE AND SPEED

SWIM INT 2 x [2 x 100m easy + PB; 4 x 200m hard; 20secs RI]	REST DAY	RUN TEMPO 12km as 6 x [1km @RP; 500m hard; 500m recovery pace]	BIKE INT 5 x [4mins hard; 2mins recovery] • 5mins moderate • 10 x [2mins very hard; 1min recovery]	REST DAY	SWIM END 2.4km • Focus on holding target 70.3 RP and being in control	BRICK 60km bike • 12km run • Complete both @target 70.3 RP
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WEEK 7 - THERE ARE NO SET PACING TARGETS, THESE ARE FOR YOU TO FIND AS YOU WORK THROUGH THE PLAN

SWIM INT 20 x 100m @RP; 10secs RI	BIKE PACE 2 x [30mins @RP; 5mins recovery]	RUN INT 6 x 2km @10secs/km faster than RP • 50secs RI	BIKE REC 1hr easy • Focus on maintaining comfortable heart rate and rpm	REST DAY	BIKE END 110km • Include 3 x 20km hard with 10km moderate efforts in between • Try to create a route similar to 70.3 course	RUN TEMPO 2 x 7km @20secs/km faster than RP • Take 3mins recovery between efforts
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WEEK 8 - RUN/WALK = INCLUDE STRUCTURED AND REGULAR PERIODS OF WALKING IN LONG RUNS, EG 3KM RUN/30SEC WALK

SWIM TT 1.9km • Treat like a time trial and swim sustainably hard	MULTI BRICK 2 x • 20km bike @RP • 4km run @RP	BIKE INT 10 x [2mins building pace; 2mins high rpm hard; 2mins recovery]	SWIM END 3 x 600m @RP; 45secs RI RUN REC 4km @15secs/km slower than RP	REST DAY	BIKE END 70km • Focus on body position and nutrition strategy	RUN END 18-20km aiming to fine-tune your RP • Include run/walk strategy if necessary
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TRAINING PLAN - WEEKS 9 TO 12

MONDAY ● TUESDAY ● WEDNESDAY ● THURSDAY ● FRIDAY ● SATURDAY ● SUNDAY

WEEK 9 - NOW'S THE TIME TO INTRODUCE OPEN WATER (OW) SESSIONS INTO YOUR SWIM TRAINING IF YOU CAN

SWIM INT

6 x 50m + polo sighting
 •
 4 x 200m steady; 20secs RI
 •
 4 x 150m hard; 15secs RI
 •
 4 x 100m very hard; 10secs RI

BIKE TEMPO

5 x [12mins @ RP; 3mins recovery]

RUN TEMPO

12km as
 4 x [1.5km @RP; 1km hard; 500m recovery pace]

BIKE INT

8 x [3mins hard; 1min recovery]
 •
 5mins moderate
 •
 8 x [3mins hard; 1min recovery]

REST DAY

SWIM END

2.4km OW
 •
 Include contact with other swimmers if possible

BRICK

75km bike
 •
 14km run
 •
 Complete both @target 70.3 RP
 •
 Wear race kit

WEEK 10 - REMEMBER TO TRY AND TRAIN HARDER THAN YOU NEED TO RACE

SWIM INT

2 x [2 x 100m easy + PB; 4 x 200m hard; 20secs RI]

BIKE PACE

2 x [30mins @ RP; 5mins recovery]

RUN INT

6 x [2km @10secs/km faster than RP; 50secs RI]

BIKE REC

1hr easy
 •
 Focus on maintaining comfortable heart rate and rpm

REST DAY

BIKE END

90km
 •
 Include 2 x 20km hard with 10km moderate efforts in between
 •
 Try to find a route similar to your 70.3 course

RUN TEMPO

2 x 8km @20secs/km faster than target 70.3 RP
 •
 Take 4mins recovery between efforts

WEEK 11 - YOU SHOULD NOW FEEL CONFIDENT THAT YOU CAN COMPLETE THE RACE DISTANCES

SWIM INT

20 x 100m @RP; 10secs RI

MULTI BRICK

2 x
 •
 15km bike @RP
 •
 2km run @RP

RUN TEMPO

8km as
 4 x [500m @RP; 1km hard; 500m recovery pace]

REST DAY

BIKE TEMPO

4 x [12mins @RP; 3mins recovery]

SWIM END

2.4km OW
 •
 Focus on executing target 70.3 RP and sighting

RUN REC

3km @15secs/km slower than RP

BRICK

50km bike
 •
 10km run
 •
 Complete both @target 70.3 RP
 •
 Wear race kit

WEEK 12 - YOU'VE COMPLETED THE 3-MONTH PLAN AND GIVEN YOURSELF THE VERY BEST START TO YOUR HALF-IRON RACE!

REST DAY

SWIM INT

12 x 100m @RP; 15secs RI

RUN INT

6 x 1km @10secs/km faster than target 70.3 RP
 •
 60secs RI

REST DAY

BIKE PACE

2 x [15mins @RP; 5mins recovery]

PRE-RACE SWIM

1km easy on the race course

PRE-RACE RUN

2km easy run just stretching legs

70.3 RACE DAY

1.9k swim
 •
 90km bike
 •
 21.1km run