

220 TRIATHLON

**12 WEEK HALF-IRONMAN
TRAINING PLAN**

WEEK 1

Time to get started! Our plan begins on a monday, but you can start on any day of the week

WEEK 2

Don't forget, RI = Rest Interval; RP = Race Pace; PB = Pull Buoy; RPM = Revs Per Minute

WEEK 3

Always include a warm-up with each session, 5-8mins gradually building intensity

WEEK 4

Don't forget, Int = Interval; Rec = Recovery; End = Endurance; TT = Time Trial



SWIM

INTERVAL

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

SWIM

INTERVAL

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

SWIM

INTERVAL

- 20 x 100m @RP; 10secs RI

SWIM

TIME TRIAL

- 1.9km

Treat like a time trial and swim sustainably hard



BIKE

PACE

- 2x [25mins @RP; 5mins recovery]

BRICK

2x

- 15km bike @RP
- 3km run @RP

BIKE

TEMPO

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

BIKE

PACE

- 2x [25mins @RP; 5mins recovery]



RUN

INTERVAL

- 5 x 2km @10secs/km faster than target 70.3 RP 60sec RI

BIKE

INTERVAL

- 5x [2mins standing climb hard; 2mins recovery; 2mins high rpm hard; 2mins recovery]

RUN

TEMPO

- 12km As 6x [1km @RP; 500m hard; 500m recovery pace]

RUN

INTERVAL

- 5 x 2km @10secs/km faster than RP 50sec RI



BIKE

RECOVERY

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

SWIM

ENDURANCE

- 5 x 400m @ RP; 30secs RI

RUN

RECOVERY

- 4km @15secs/ km slower than RP

BIKE

INTERVAL

- 5x [4mins hard; 2mins recovery] • 5mins moderate • 10x [2mins very hard; 1min recovery]

BIKE

RECOVERY

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

REST-DAY

REST-DAY

REST-DAY

REST-DAY



BIKE

ENDURANCE

- 80-90km Include 2 x 15km hard with 10km moderate efforts in between. Try to find a route similar to your 70.3 course

BIKE

ENDURANCE

- 60-70km Focus on body position and nutrition strategy

SWIM

ENDURANCE

- 2km Focus on holding target 70.3 RP and being in control

BIKE

ENDURANCE

- 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 6km @20secs/km faster than target 70.3 RP Take 3mins recovery between efforts

RUN

ENDURANCE

- 16km Aiming to fine-tune your RP Include run/ walk strategy if necessary

BRICK

ENDURANCE

- 60km bike • 10km run Complete both @target 70.3 RP

RUN

TEMPO

- 2 x 7km @20secs/km faster than target 70.3 RP Take 3mins recovery between efforts

WEEK 5

Weeks include a cool-down following each session, 3-5mins of easy cardio followed by stretches

WEEK 6

The plan features a mix of bricks to help boost both endurance and speed

WEEK 7

There are no set pacing targets, these are for you to find as you work through the plan

WEEK 8

Run/walk = include structured and regular periods of walking in long runs, eg 3km run/30sec walk



SWIM

INTERVAL

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

SWIM

INTERVAL

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

SWIM

INTERVAL

- 20 x 100m @ RP; 10secs RI

SWIM

TIME TRIAL

- 1.9km

Treat like a time trial and swim sustainably hard



BRICK

2x

- 18km bike @RP
- 3km run @ RP

REST-DAY

BIKE

PAGE

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

BRICK

2x

- 20km bike @RP
- 4km run @RP



BIKE

INTERVAL

- 5x [2mins standing climb hard; 2mins recovery; 2mins high rpm hard; 2mins recovery]

RUN

TEMPO

- 12km
- As 6x [1km @RP; 500m hard; 500m recovery pace]

RUN

INTERVAL

- 6 x 2km @10secs/km faster than RP
50secs RI

BIKE

INTERVAL

- 10x [2mins building pace; 2mins high rpm hard; 2mins recovery]



SWIM

ENDURANCE

- 5 x 400m @ RP; 30secs RI

RUN

RECOVERY

- 4km @15secs/km slower than target 70.3 RP

BIKE

INTERVAL

- 5x [4mins hard; 2mins recovery]
- 5mins moderate
- 10x [2mins very hard; 1min recovery]

BIKE

RECOVERY

- 1hr easy

Focus on maintaining comfortable heart rate and rpm

SWIM

ENDURANCE

- 3 x 600m @ RP; 45secs RI

RUN

RECOVERY

- 4km @ 15secs/km slower than RP

REST-DAY

REST-DAY

REST-DAY

REST-DAY



BIKE

ENDURANCE

- 60-70km

Focus on body position and nutrition strategy

SWIM

ENDURANCE

- 2.4km

Focus on holding target 70.3 RP and being in control

BIKE

ENDURANCE

- 110km

Include 3 x 20km hard with 10km moderate efforts in between. Try to create a route similar to 70.3 course

BIKE

ENDURANCE

- 70km

Focus on body position and nutrition strategy



RUN

ENDURANCE

- 18km

Aiming to fine-tune your RP
Include run/walk strategy if necessary

BRICK

- 60km bike
- 12km run

Complete both @target 70.3 RP

RUN

TEMPO

- 2 x 7km

@20secs/km faster than RP
Take 3mins recovery between efforts

RUN

ENDURANCE

- 18-20km

Aiming to fine-tune your RP
Include run/walk strategy if necessary



WEEK 9

Now's the time to introduce open water (ow) sessions into your swim training if you can

WEEK 10

Remember to try and train harder than you need to race

WEEK 11

You should now feel confident that you can complete the race distances

WEEK 12

You've completed the 3-month plan and given yourself the very best start to your half-iron race!

Day	WEEK 9	WEEK 10	WEEK 11	WEEK 12
MON	<p>SWIM</p> <p>INT • 6 x 50m + polo sighting</p> <ul style="list-style-type: none"> • 4 x 200m steady; 20secs RI • 4 x 150m hard; 15secs RI • 4 x 100m very hard; 10secs RI 	<p>SWIM</p> <p>INT • 2x [2 x 100m easy + PB; 4 x 200m hard; 20secs RI]</p>	<p>SWIM</p> <p>INT • 20 x 100m @RP; 10secs RI</p>	<p>REST-DAY</p>
TUE	<p>BIKE</p> <p>TEMPO • 5x [12mins @ RP; 3mins recovery]</p>	<p>BIKE</p> <p>PACE • 2x [30mins @ RP; 5mins recovery]</p>	<p>BRICK</p> <ul style="list-style-type: none"> • 2x 15km bike @RP 2km run @RP 	<p>SWIM</p> <p>INT • 12 x 100m @RP; 15secs RI</p>
WED	<p>RUN</p> <p>TEMPO • 12km</p> <ul style="list-style-type: none"> • As 4x [1.5km @RP; 1km hard; 500m recovery pace] 	<p>RUN</p> <p>INT • 6x [2km @10secs/km faster than RP; 50secs RI]</p>	<p>RUN</p> <p>TEMPO • 8km</p> <ul style="list-style-type: none"> As 4x [500m @RP; 1km hard; 500m recovery pace] 	<p>RUN</p> <p>INT • 6 x 1km @10secs/km faster than target 70.3 RP 60secs RI</p>
THURS	<p>BIKE</p> <p>INT • 8x [3mins hard; 1min recovery]</p> <ul style="list-style-type: none"> • 5mins moderate • 8x [3mins hard; 1min recovery] 	<p>BIKE</p> <p>REC • 1hr easy</p> <p><i>Focus on maintaining comfortable heart rate and rpm</i></p>	<p>REST-DAY</p>	<p>REST-DAY</p>
FRI	<p>REST-DAY</p>	<p>REST-DAY</p>	<p>BIKE</p> <p>TEMPO • 4x [12mins @RP; 3mins recovery]</p>	<p>BIKE</p> <p>PACE • 2x [15mins @RP; 5mins recovery]</p>
SAT	<p>SWIM</p> <p>END • 2.4km OW</p> <p><i>Include contact with other swimmers if possible</i></p>	<p>BIKE</p> <p>END • 90km</p> <p>Include 2 x 20km hard with 10km moderate efforts in between</p> <p><i>Try to find a route similar to your 70.3 course</i></p>	<p>SWIM</p> <p>END • 2.4km OW</p> <p><i>Focus on executing target 70.3 RP and sighting</i></p> <p>RUN</p> <p>REC • 3km @15secs/ km slower than RP</p>	<p>PRE-RACE SWIM</p> <ul style="list-style-type: none"> • 1km easy on the race course <p>PRE-RACE RUN</p> <ul style="list-style-type: none"> • 2km easy run just stretching legs
SUN	<p>BRICK</p> <ul style="list-style-type: none"> • 5km bike • 14km run <p>Complete both @target 70.3 RP</p> <p><i>Wear race kit</i></p>	<p>RUN</p> <p>TEMPO • 2 x 8km</p> <p>@20secs/km faster than target 70.3 RP</p> <p><i>Take 4mins recovery between efforts</i></p>	<p>BRICK</p> <ul style="list-style-type: none"> • 50km bike • 10km run <p>Complete both @target 70.3 RP</p> <p><i>Wear race kit</i></p>	<p>70.3 RACE DAY</p> <ul style="list-style-type: none"> • 21.9k swim • 90km bike • 21.1km run