

**220 TRIATHLON**

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**12 WEEK RUN  
TRAINING PLAN**

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This plan includes the key running and brick workouts for the typical Olympic or half-Ironman triathlete who's looking to advance to a full Ironman. Don't forget you'll also need to fit in three bike sessions (with 10-15min runs off the bike when possible) and two-to-three swim sessions a week. Once you get to the bricks by week nine, you'll only have the swims to slot in. You can also use this plan to train for a standalone marathon.

**WEEK 1**

**RUN**

• 45mins  
Zone 1/2

**WEEK 2**

**RUN**

• 50mins  
Zone 1/2

**WEEK 3**

**RUN**

• 55mins  
Zone 1/2

**WEEK 4**

**RUN**

• 60mins  
Zone 1/2

**WEEK 5**

**RUN**

• 45mins  
Zone 1/2

**WEEK 6**

**RUN**

• 70mins  
Zone 1/2 (50% Zone 2)



**RUN**

**TEMPO**  
• 20mins  
Zone 3 (after 10min warm-up and followed by 10min cool-down)

**RUN**

**TEMPO**  
• 25mins  
Zone 3

**RUN**

**TEMPO**  
• 30mins  
Zone 3

**RUN**

**TEMPO**  
• 35mins  
Zone 3

**RUN**

**TEMPO**  
• 20mins  
Zone 3

**RUN**

**TEMPO**  
• 35mins  
Zone 3



**RUN**

• 90mins  
(60mins race pace)

**RUN**

• 100mins  
(70mins race pace)

**RUN**

• 110mins  
(80mins race pace)

**RUN**

• 120mins  
(90mins race pace)

**RUN**

**OFF-ROAD**  
• 60-90mins

**RUN**

• 130mins  
(100mins race pace)



**ZONES EXPLAINED**

Here we're working with Joe Friel's HR zones for the run, measured by your lactate threshold heart rate (LTHR). To do this, warm up properly before cycling at your hardest pace for 20mins while using a heart rate monitor. Your average heart rate for this period is your lactate threshold heart rate.

**ZONE 1** LESS THAN 85% OF LTHR | **ZONE 2** 85% TO 89% OF LTHR | **ZONE 3** 90% TO 94% OF LTHR  
**ZONE 4** 95% TO 99% OF LTHR | **ZONE 5** 100% TO 106% OF LTHR

**WEEK 7**

**RUN**

• 80mins  
 Zone 1/2 (50% Zone 2)

**WEEK 8**

**RUN**

• 90mins  
 Zone 1/2 (50% Zone 2)

**WEEK 9**

**RUN**

• 60mins  
 Zone 1/2 (50% Zone 2)

**WEEK 10**

**BRICK**

• 2-3hr bike  
 • 30min run  
 At Zone 2 (last 10mins at Zone 3)

**WEEK 11**

**BRICK**

• 2-3hr bike  
 • 30min run  
 (whole session at race pace)

**WEEK 12**

**RUN**

**RACE WEEK**  
 • 30-45mins  
 Zone 2 on Tuesday



**RUN**

**TEMPO**  
 • 40mins  
 Zone 3

**RUN**

**TEMPO**  
 • 40mins  
 Zone 3

**RUN**

• 30mins  
 Zone 1/2

**RUN**

• 60mins  
 Zone 1/2

**RUN**

• 45mins  
 Zone 1/2

**BRICK**

• 45-60min bike  
 (1M race pace with 4 x 90sec Zone 4 effort)  
 • 10-15min run  
 at Zone 3 on Thursday



**RUN**

• 140mins  
 (110mins race pace)

**RUN**

• 150mins  
 (120mins race pace)

**BRICK**

• 'Metric Ironman' brick

**BRICK**

• 2.5-3.5hr bike  
 • 45-60min run  
 at race pace

**BRICK**

• 60-90mins bike  
 • 30min run  
 at race pace  
 (use full race set-up)

**BRICK**

• 45-60 easy bike to run  
 (no more than 10min run) on day before race

