

TRAINING PLAN - WEEKS 1 TO 4

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

WEEK 1 - INT = INTERVAL; END = ENDURANCE

SWIM INT

3 x 200m @RP, 20secs RI; 6 x 100m vigorous, 15secs RI; 2 x 300m @RP, 20secs RI; 12 x 50m sprint, 10secs RI; 1min RI between sets

RUN TEMPO

12.5km as:
5 x [1.5km @RP; 500m @30secs/km faster than RP; 500m @ recovery pace]

BIKE INT

5 x [8mins @RP; 2mins standing climb hard; 3mins aero position hard; 2mins recovery]

RUN INT

8 x [600m @RP; 600m @15secs/km faster than RP]

REST DAY

SWIM END

3km OW inc. physical contact and race start practice

BRICK

100km bike
•
12km run
•
Complete both @RP
•
Include run/walk strategy

WEEK 2 - OW = OPEN-WATER SWIMMING; RI = REST INTERVAL; RP = TARGET IRONMAN RACE PACE

SWIM INT

3 x [400m @RP; 300m pull buoy; 200m @RP; 100m hypoxic breathing]
•
30secs RI between sets

RUN INT

8 x [600m @RP; 600m @15secs/km faster than RP]

BIKE INT

5 x [8mins @RP; 2mins standing climb hard; 3mins aero position hard; 2mins recovery]

SWIM END

2.5km moderate
•
4-5km run @15secs/km slower than RP

REST DAY

BIKE END

180km on an undulating route
•
Inc. 4 x 25km @ 1-2kph faster than target IM RP with 10km moderate in between efforts

RUN END

25-28km moderate
•
Aim to fine-tune your RP, and include run/walk strategy

WEEK 3 - RUN/WALK = INCLUDE STRUCTURED AND REGULAR PERIODS OF WALKING INTO LONG RUNS, E.G. 3KM RUN/45SEC WALK

SWIM INT

3 x 200m @RP, 20secs RI; 6 x 100m vigorous, 15secs RI; 2 x 300m @RP, 20secs RI; 12 x 50m sprint, 10secs RI; 1min RI between sets

BRICK INT

2 x [20mins @RP; 5mins aero position hard; 5mins recovery]
•
3km run @RP

RUN INT

10 x [400m @RP; 400m @10secs/km faster than RP; 400m @20secs/km faster than RP]

BIKE TEMPO

3 x [15mins @RP; 2mins @ 2kph faster than RP; 3mins recovery]

REST DAY

BRICK

2.5km swim @IM RP
•
30km bike @IM RP

RUN TEMPO

2 x 12km @15-20secs/km faster than target IM RP
•
5mins recovery between efforts

WEEK 4 - DO A WARM-UP OF 5-8MINS, GRADUALLY BUILDING INTENSITY FROM EASY TO VIGOROUS

SWIM INT

3 x [400m @RP; 300m pull buoy; 200m @RP; 100m hypoxic breathing]
•
30secs RI between sets

RUN INT

10 x [400m @RP; 400m @10secs/km faster than RP; 400m @20secs/km faster than RP]

BIKE INT

4 x [12mins @RP; 2mins standing climb hard; 4mins aero position hard; 2mins recovery]

SWIM END

2.8km moderate
•
4-5km run @15secs/km slower than RP

REST DAY

SWIM END

3.5km OW inc. sighting practice and turning on buoys

BRICK

130km bike
•
16km run
•
Complete both @RP
•
Include run/walk strategy
•
Wear IM race clothes

TRAINING PLAN - WEEKS 5 TO 8

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

WEEK 5 - DO A COOL-DOWN OF 3-5MINS OF EASY CARDIO FOLLOWED BY STRETCHES

SWIM INT

1 x 800m @RP, 40secs RI; 2 x 400m @RP, 30secs RI; 4 x 200m @RP, 20secs RI; 8 x 100m vigorous, 10secs RI

BRICK

2 x [20mins @RP; 5mins aero position hard; 5mins recovery] .
5km run @RP

RUN INT

8 x [500m @RP; 1km @15secs/km faster than RP]

BIKE TEMPO

3 x [15mins @RP; 2mins @2kph faster than RP; 3mins recovery]

REST DAY

BRICK

3km swim @IM RP .
40km bike @IM RP

RUN END

32-34km moderate .
Aim to fine-tune your RP, and include run/walk strategy

WEEK 6 - HALF-IRONMAN RACE WEEK! IF POSSIBLE, CHOOSE A SIMILAR COURSE TO THAT OF YOUR FULL-IM RACE

SWIM INT

500m focus on sighting .
500m focus on rotation .
20 x 100m - odd numbers @RP; even numbers @5secs/100m faster than RP

REST DAY

RUN TEMPO

7.5km as:
3 x [1.5km @RP; 500m @30secs/km faster than RP; 500m @recovery pace]

BIKE INT

4 x [5mins @1kph faster than RP; 2mins @3kph faster than RP; 3mins spin recovery]

REST DAY

SWIM

800m easy, on the race course if possible

RUN

1.5km easy pre-race, just stretching legs

70.3 RACE

1.9km swim .
90km bike .
21.1km run .
Treat as training. Pace @ target IM RP and practise nutrition

WEEK 7 - WHEN POSSIBLE, DO YOUR SWIMMING SESSIONS OUTSIDE IN OPEN WATER

SWIM REC

4 x [300m moderate; 100m pull buoy; 100m vigorous]

RUN INT

8 x [500m @RP; 1km @15secs/km faster than RP]

BIKE INT

4 x [12mins @RP; 2mins standing climb hard; 4mins aero position hard; 2mins recovery]

RUN TEMPO

5 x [1km @RP; 1km @20secs/km faster than RP]

SWIM END

2.5km moderate

REST DAY

BIKE END

160km .
Include 4 x 20km @2kph faster than target IM RP with 10km moderate in between efforts .
Try to simulate IM race profile

RUN TEMPO

2 x 12km @20secs/km faster than target IM RP .
5mins recovery between efforts

WEEK 8 - COMPLETELY NOT A COMPETER? STILL COVER THE DISTANCES BUT TAKE ADDITIONAL REST DAYS IF FATIGUED

SWIM INT

500m focus on sighting .
500m focus on rotation .
20 x 100m - odd numbers @RP; even numbers @5secs/100m faster than RP

RUN TEMPO

4 x [1km @RP; 1.5km @ 20secs/km faster than RP]

MULTI BRICK

3 x .
15km bike vigorous .
2km run @RP

BIKE INT

8 x [6mins @RP; 3mins @3kph faster than RP; 1min recovery]

REST DAY

SWIM END

4km OW inc. drafting practice .
Include 2 x 1km efforts @5secs/100m faster than IM RP

BRICK

100km bike @RP .
14km run @20secs/km faster than IM RP .
Include run/walk strategy

TRAINING PLAN - WEEKS 9 TO 12

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

WEEK 9 - WANT TO COMPETE? INCREASE THE DURATION OF THE INTERVALS, ESPECIALLY THE BIKE SESSIONS

SWIM INT

1 x 800m @RP, 40secs RI; 2 x 400m @RP, 30secs RI; 4 x 200m @RP, 20secs RI; 8 x 100m vigorous, 10secs RI

RUN TEMPO

3 x 1km @IM RP
•
1.5km @20secs/km faster than IM RP

BIKE INT

8 x [6mins @RP; 3mins @3kph faster than RP; 1min recovery]

SWIM REC

4 x 300m moderate; 100m pull buoy; 100m vigorous

REST DAY

SWIM END

3.2km OW inc. physical contact and race-start practice

BRICK

140-150km bike
•
22km run
•
Complete both @RP
•
Include run/walk strategy
•
Nail your nutrition

WEEK 10 - USE THIS WEEK TO LAY OUT ALL YOUR RACE KIT AND NUTRITION, AND PICK UP ANY LAST-MINUTE SUPPLIES

SWIM INT

4 x 50m sprint, 10secs RI; 6 x 100m pull buoy, 15secs RI; 8 x 200m @RP, 20secs RI; 6 x 100m pull buoy, 15secs RI; 4 x 50m sprint, 10secs RI

RUN INT

8 x [500m @RP; 500m @10secs/km faster than RP; 500m @20secs/km faster than RP]

MULTI BRICK

3 x
•
15km bike vigorous
•
2km run @RP

BIKE INT

6 x [8mins @RP; 3mins @3kph faster than RP; 1min recovery]

REST DAY

SWIM END

4km OW inc. drafting & sighting practice

BRICK

80km bike @RP; 14km run @20secs/km faster than IM RP
•
Include run/walk strategy

WEEK 11 - TWO REST DAYS THIS WEEK AS YOU LEAD INTO RACE WEEK AND THE ALL-IMPORTANT TAPER

SWIM INT

300m focus on sighting
•
300m focus on rotation
•
15 x 100m - odd numbers @RP; even numbers @5secs/100m faster than RP

BIKE INT

6 x [8mins @RP; 3mins @3kph faster than RP; 1min recovery]

MULTI BRICK

3 x
•
12k bike vigorous
•
2km run @IM RP

REST DAY

RUN INT

8 x [500m @RP; 500m @10secs/km faster than RP; 500m @20secs/km faster than RP]

SWIM END

3.2km OW, focus on executing RP

BIKE END

70km, inc. 3 x 10km @2kph faster than target RP with 5km moderate in between efforts

REST DAY

WEEK 12 - RACE WEEK! BE CONFIDENT IN YOUR ABILITY TO SMASH THIS RACE OUT OF THE PARK!

SWIM INT

1 x 400m @RP, 40secs RI; 2 x 200m @RP, 30secs RI; 4 x 100m @RP, 20secs RI; 8 x 50m vigorous, 10secs RI

BIKE TEMPO

3 x [10mins @RP; 2mins @2kph faster than RP; 3mins recovery]

RUN: TEMPO

3 x [1km @RP; 1km @15secs/km faster than RP]

REST DAY

BIKE

40-50km steady on the race course
•
Include 2 x 10km efforts @RP

SWIM

1km easy on the race course

RUN

2km easy, just stretching legs

IM RACE DAY

3.8km swim
•
180km bike
•
42.2km run