RACE YOUR FIRST 70.3
MASTER MIDDLE DISTANCE WITH OUR FOOL-PROOF PLAN TO BUILD STRENGTH AND FITNESS

Meet the expert
Phil Mosley
Coaching editor of Triathlon Plus Mosley is an experienced coach and elite athlete with a sports degree from the University of Chichester

WHETHER YOU call it an Ironman 70.3 or a middle-distance triathlon, one thing is still true; the popularity of this distance is exploding. Turn the clock back five or six years, and there were only a handful of these races to choose from in the UK. These days the race calendar is bursting with great middle-distance events both here and abroad, so there’s no excuse for not having a go.

Part of the reason for their popularity lies in their format: the 1.9km swim, 90km bike and 21km run plays into the hands of strong cyclists and runners. More importantly, it gives weak swimmers plenty of time to catch up any lost time.

It’s also the first step into the world of long-distance racing, but one that doesn’t have to take over your life. In fact, some people do middle-distance triathlons having only trained for Olympic distance and shorter, although I don’t recommend this. I’ve watched too many people suffer to know that it’s not a distance you can take lightly. That’s why these training plans are challenging, but still achievable.

There are two plans here, one for time-poor athletes which takes up to 10 hours per week, and one for time-rich people that takes up to 13 hours per week. They’ll both get you fit enough, so choose the one that suits your situation the best. But regardless of what the plan says, if you start losing your appetite, struggle to sleep, or become abnormally grumpy, you should take at least a couple of days rest.

Are these plans for you?
An Ironman 70.3 is a tough race, and so these training plans are no pushover. To start them you should already be able to:

- Swim 1,000m front crawl, non-stop
- Ride your bike for at least 90 minutes
- Run non-stop for an hour

Three to race
2. Ironman 70.3 Ireland, 4 September, Galway, Ireland, www.ironmanireland.com

How it works
Get your guide ready to go

- Cut out the guide following the dotted outline
- Fold the guide in quarters using the fold guides
- Now carry it with you for reference while training

Photos: Chris Iliff
Illustrations: Pj Ireson
# Ironman 70.3: Time Poor Triathletes

## The Plan for Time-Poor Triathletes

<table>
<thead>
<tr>
<th>WEEK 01</th>
<th>WEEK 02</th>
<th>WEEK 03</th>
<th>WEEK 04</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
<td><strong>Monday</strong></td>
<td><strong>Monday</strong></td>
<td><strong>Monday</strong></td>
</tr>
<tr>
<td>Swim 1.8km (Z1): 300m ft, 300m kick, 300m back. Technique: 2x100m</td>
<td>Swim 1.8km (Z2): 300m ft, 300m kick, 200m pull, 50m back. Technique: 2x100m</td>
<td>Swim 2km (Z1): 200m ft, 200m back. Technique: 2x100m</td>
<td>Swim 1.8km (Z1): 200m ft, 200m back. Technique: 2x100m</td>
</tr>
<tr>
<td>Run 5 miles</td>
<td>Run 5 miles</td>
<td>Run 3 miles</td>
<td>Run 5 miles</td>
</tr>
<tr>
<td><strong>Tuesday</strong></td>
<td><strong>Tuesday</strong></td>
<td><strong>Tuesday</strong></td>
<td><strong>Tuesday</strong></td>
</tr>
<tr>
<td>Swim 1.8km (Z1): 300m ft, 300m kick, 300m back. Technique: 2x100m</td>
<td>Swim 1.8km (Z2): 300m ft, 300m kick, 200m pull, 50m back. Technique: 2x100m</td>
<td>Swim 2km (Z1): 200m ft, 200m back. Technique: 2x100m</td>
<td>Swim 1.8km (Z1): 200m ft, 200m back. Technique: 2x100m</td>
</tr>
<tr>
<td>Run 3 miles</td>
<td>Run 3 miles</td>
<td>Run 3 miles</td>
<td>Run 3 miles</td>
</tr>
<tr>
<td><strong>Wednesday</strong></td>
<td><strong>Wednesday</strong></td>
<td><strong>Wednesday</strong></td>
<td><strong>Wednesday</strong></td>
</tr>
<tr>
<td>Rest day</td>
<td>Rest day</td>
<td>Rest day</td>
<td>Rest day</td>
</tr>
<tr>
<td><strong>Thursday</strong></td>
<td><strong>Thursday</strong></td>
<td><strong>Thursday</strong></td>
<td><strong>Thursday</strong></td>
</tr>
<tr>
<td>Bike 20 minutes recover, 5 miles</td>
<td>Bike 20 minutes recover, 5 miles</td>
<td>Bike 20 minutes recover, 5 miles</td>
<td>Bike 20 minutes recover, 5 miles</td>
</tr>
<tr>
<td><strong>Friday</strong></td>
<td><strong>Friday</strong></td>
<td><strong>Friday</strong></td>
<td><strong>Friday</strong></td>
</tr>
<tr>
<td>Rest day</td>
<td>Rest day</td>
<td>Rest day</td>
<td>Rest day</td>
</tr>
<tr>
<td><strong>Saturday</strong></td>
<td><strong>Saturday</strong></td>
<td><strong>Saturday</strong></td>
<td><strong>Saturday</strong></td>
</tr>
<tr>
<td>Bike 20 minutes recover, 5 miles</td>
<td>Bike 20 minutes recover, 5 miles</td>
<td>Bike 20 minutes recover, 5 miles</td>
<td>Bike 20 minutes recover, 5 miles</td>
</tr>
</tbody>
</table>

## Training Zones

### Using These Training Zones

These training zones will help you train at the right intensity for each session. This helps you to develop specific aspects of your fitness, as well as making sure you don’t overdo it. You can either estimate your intensity, using the training zone descriptions, or use a heart-rate monitor for a more precise measure. If you use a heart-rate monitor, use the percentages provided, and subtract them from your observed maximum heart rate to calculate your zones. Tools like cycle power meters and GPS watches will also help track your training progress, but they’re not essential for these plans.

For Ironman 70.3, your training should mainly be within Z1 to Z4.

- **ZONE 1 [Z1]** Recovery
  - 60 to 65% of max. Easy pace, feels nice and light

- **ZONE 2 [Z2]** Steady
  - 65 to 75% of max. Fairly easy pace. Easy enough so that you could breathe just through your nose if you wanted to

- **ZONE 3 [Z3]** Tempo
  - 75% to 80% of max. Fairly hard, but sustainable pace

- **ZONE 4 [Z4]** Race tempo
  - 80 to 90% of max. Hard pace, sustainable, but requires real focus

### ZONE 5 [Z5]

- 90% to 100% max. Very hard, requires real focus, not sustainable for long

### Training Zones

**Z1**
- 60 to 65% of max. Easy pace, feels nice and light

**Z2**
- 65 to 75% of max. Fairly easy pace. Easy enough so that you could breathe just through your nose if you wanted to

**Z3**
- 75% to 80% of max. Fairly hard, but sustainable pace

**Z4**
- 80 to 90% of max. Hard pace, sustainable, but requires real focus

**Z5**
- 90% to 100% max. Very hard, requires real focus, not sustainable for long
The Plan 70.3: Time Rich

Training Zones

**Using These** training zones will help you train at the right intensity for each session. This helps you to develop specific aspects of your fitness, as well as making sure you don’t overdo it. You can either estimate your intensity, using the training zone descriptions, or use a heart-rate monitor for a more precise measure. If you use a heart-rate monitor, use the percentages provided, and subtract them from your observed maximum heart rate to calculate your zones. Tools like cycle power meters and GPS watches will also help track your training progress, but they’re not essential for these plans.

For Ironman 70.3, your training should mainly be within Z1 to Z4.

**Zone 1** (Z1) Recovery
65 to 75% of max. Easy pace, feels nice and light

**Zone 2** (Z2) Steady
65% to 75% of max. Fairly easy pace. Easy enough so that you could breathe just through your nose if you wanted to.

**Zone 3** (Z3) Tempo
75% to 80% of max. Fairly hard, but sustainable pace

**Zone 4** (Z4) Race Tempo
80% to 90% of max. Hard pace, sustainable, but requires real focus

**Zone 5** (Z5) Red Line
90% to 100% max. Very hard, requires real focus, not sustainable for long

**Key**
- MTB: Off-road bike
- FC: Front crawl
- BACK: Breaststroke
- BREAST: Breaststroke
- PULL: Pull with pull-buoy
- FC: Front crawl
- PULL ANKLES: Pull with pull-buoy
- KICK: Kick

**Design**
- The plan uses the 12-week plan provided by Triathlon Plus, with some modifications to fit the needs of Ironman 70.3 training.
- Training zones are indicated using different colors and symbols.
- The plan includes swim, bike, and run workouts with specific distances and intensities.
- Rest days are included to allow for recovery.

**Month**
- March 2011

**Page 91**
- Tri2plan.com
- 1/19/11 5:20:32 PM