

The plan

GO TOP 10 IN YOUR AGE GROUP AT IRONMAN 70.3

READY TO RACE FASTER? THIS EIGHT-WEEK PLAN WILL HELP YOU SEE OFF THE COMPETITION AND MAKE THE TOP 10

Meet the expert

Garth Fox

Garth Fox is a triathlete and cyclist, with a masters degree in sports science



THE COMBINATION of real sporting challenge and exotic location has made the Ironman 70.3 race series massively popular among age-group triathletes. At the last count, there are 57 races to choose from worldwide, most of which are in dream destinations. But for some, just turning up and participating is not enough. Placing high up the leader board in their age group is the key motivating factor. If being genuinely competitive is what you aspire to, then this training plan may just be for you. But ambition needs a firm foothold in reality. So if a top 10 placing in your age group is your goal, just what are the raw numbers you will need to be hitting to make it happen?

If we take the 35-39 and 40-44 age groups as the sample, it is clear that in all but the most hilly of 70.3 events, 4hrs 45mins for the men and 5hrs 30mins for the women are the sort of finishing times you need to be thinking to have any chance of getting in the top 10. One



key to doing that is to be very specific in replicating the pace required in your race pace training sessions and to gradually build up the duration you can hold that pace for. The reason for this is that although the speeds involved in Ironman 70.3 are not that demanding – running at 4:15mins/km is certainly achievable for many fit age-group triathletes – the ability to sustain those speeds for long durations and on legs which are already in a state of fatigue is the real key to success. That ability is underpinned by a great aerobic base built over several years of consistent training and, more specifically, by

really good muscle endurance – the ability to apply a fairly large force over a long duration. It is usually this quality that limits performance in age-group athletes and, as such, is emphasised in this training plan.

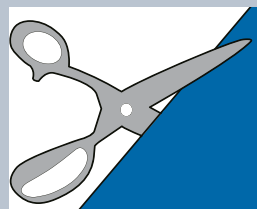
Are these plans for you?

This plan is for advanced triathletes. Before beginning this you should already be able to:

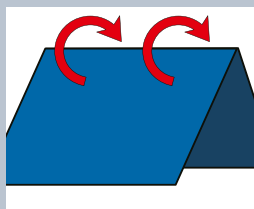
- Swim: 19km non-stop
- Bike: 90km non-stop
- Run: 21km non-stop

How it works

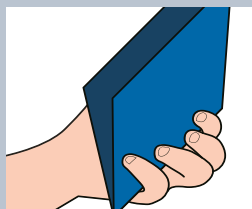
Get your guide ready to go



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: Ironman





Advanced

AGE GROUP IRONMAN 70.3

GET READY TO REACH THE TOP 10 IN YOUR
CATEGORY AT AN IRONMAN 70.3 RACE

FOLD1

TRAINING ZONES

USING THESE TRAINING Zones will help you train at the right intensity for each session. This helps 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 below and subtract them from your 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.

These training zones are only a guide, so don't worry about being too precise with heart rates because they'll fluctuate anyway. It's good to be mindful of your intensity but it's even more important that you get out there and enjoy your training.

Easy

60-75% of your maximum effort.
Requires a very small amount of focus to maintain. Feels easy enough that you could chat or breathe just through your nose if you wanted to.

Medium

75-80% of your maximum effort.
A fairly hard but sustainable pace that should closely correspond to goal 70.3 race pace.

Hard

80-90% of your maximum effort.
A very taxing pace that requires real effort and focus to sustain.

KEY

WU Warm up; **MEDLEY** Swim medley of mixed strokes of front crawl, breast stroke, back stroke and butterfly; **FC** Front crawl; **PAD** Front crawl with hand paddles; **KICK** Kick from the hips with arms outstretched and hands on top of each other

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	WEEK 01	WEEK 02
Mon	Bike 1 hour Z1 include 2x10mins in big gear and low cadence (70-75rpm) + 5mins easy spinning RI Run 30mins Z1 over rolling terrain	Bike 40mins Z1 include 10mins in big gear and low cadence (70-75rpm) Run 20mins Z1 over rolling terrain
Tue	Swim 1,600m Z1 WU 400m MEDLEY MAIN 6x200m FC + 15secs RI. Focus on low and consistent stroke count throughout (16-18 strokes/25m) Bike 1 hour Z1 include 2x10mins Z2 + 5mins easy spinning recovery in between	Swim 1,600m Z1 WU 400m MEDLEY MAIN 6x200m FC + 15secs RI. Focus on low and consistent stroke count throughout (16-18 strokes/25m) Bike 1 hour Z1 include 10mins Z2
Wed	Run 1 hour Z1 over rolling terrain Swim 1,600m Z1 WU 400m as 200m medley/200m KICK MAIN 3x400m FC plus paddles + 20secs RI	Run 1 hour Z1 over rolling terrain Swim 1,800m Z1 WU 400m as 200m MEDLEY /200m KICK MAIN 3x400m FC plus paddles + 20secs RI
Thur	REST DAY	REST DAY
Fri	Bike 1hr 30mins Z1 over hilly terrain. Remain seated on hills and spin a light gear Run 20mins in Z1	Bike 1 hour Z1 over hilly terrain. Remain seated on hills and spin a light gear Run 20mins in Z1
Sat	Swim 1,600m Z1 WU 400m MEDLEY MAIN 6x200m FC + 15secs RI. Focus on low and consistent stroke count throughout (16-18 strokes/25m) Run 40mins Z1 over hilly terrain	Swim 1,900m Z1 WU 400m MEDLEY MAIN 3x500m FC + 15secs RI. Focus on low and consistent stroke count throughout (16-18 strokes/25m) Run 30mins Z1
Sun	Brick 2hrs 50mins Bike 2hrs 30mins Z1 over hilly terrain immediately into Run 20mins in Z1	RACE SIMULATION DAY 1 Swim 1,000m as 500m FC in Z1, 500m FC in Z2 Recover for <1hr Brick 3 hours Bike 2 hours Z1 over hilly terrain immediately into Run 1 hour in Z1

	WEEK 03	WEEK 04
Mon	Bike 1 hour Z1 Include 20mins in big gear and low cadence (70-75rpm) Run 40mins Z1 include 4x200m Z3 hill repeats with easy jog down RI	Bike 1 hour Z1 Include 20mins in big gear and low cadence (70-75rpm) Run 40mins Z1 include 4x200m Z3 hill repeats + easy jog down RI
Tue	Swim 1,600m WU 400m MEDLEY MAIN 6x200m FC in Z2 + 15secs RI. Focus on low and consistent stroke count throughout (16-18 strokes/25m) Bike 1hr 10mins Z1 include 2x15mins Z2 + 5mins easy spinning recovery in between	Swim 2,100m WU 400m MEDLEY /200m KICK MAIN 5x300m FC in Z2 + 15secs RI. Focus on low and consistent stroke count throughout (16-18 strokes/25m) Bike 1hr 10mins Z1 include 2x15mins Z2 with 5mins easy spinning recovery in between
Wed	Run 1 hour Z1 over rolling terrain Swim 1,900m Z1 WU 400m as 200m MEDLEY /200m KICK MAIN 3x500m FC plus paddles + 20secs RI	Run 1hr 15mins Z1 over rolling terrain Swim 2,000m Z1 WU 400m as 200m MEDLEY /200m KICK MAIN 4x400m FC plus paddles + 20secs RI
Thur	REST DAY	REST DAY
Fri	Bike 1hr 50mins Z1 over hilly terrain. Remain seated on hills and spin a light gear Run 20mins in Z1	Bike 2 hours Z1 over hilly terrain. Remain seated on hills and spin a light gear Run 20mins in Z1
Sat	Swim 1,600m Z1 WU 400m MEDLEY MAIN 6x200m FC in Z2 + 15secs RI. Focus on low and consistent stroke count throughout (16-18 strokes/25m) Run 40mins Z1 over hilly terrain	Swim 1,600m Z1 WU 400m MEDLEY /200m KICK MAIN 6x200m FC in Z2 + 15secs RI; 4x50m in Z3 + 30secs RI. Focus on low and consistent stroke count throughout (16-18 strokes/25m) Run 40mins Z1 over hilly terrain
Sun	BRICK 3hrs 20mins Bike 3 hours Z1 over hilly terrain immediately into Run 20mins in Z1	BRICK 4hrs 20mins Bike 4hrs Z1 over hilly terrain immediately into Run 20mins in Z1

WEEK 05

Mon

Bike 40mins Z1 include 10mins in big gear and low cadence (70-75rpm)
Run 20mins Z1 over rolling terrain

Tue

Swim 1,800m Z1 **WU** 400m MEDLEY/200m KICK **MAIN** 6x200m FC +15secs RI. Focus on low and consistent stroke count throughout (16-18 strokes/25m)
Bike 1hour Z1 include 10mins Z2

Wed

Run 1hour Z1 over rolling terrain
Swim 1,800m Z1 **WU** 600m as 200m MEDLEY/200m KICK/200m MEDLEY **MAIN** 3x400m FC plus paddles with 20secs RI

Thur

REST DAY

Fri

Bike 1hour Z1 over hilly terrain. Remain seated on hills and spin a light gear
Run 20mins in Z1

Sat

Swim 1,900m Z1 **WU** 400m MEDLEY **MAIN** 3x500m FC +15secs RI. Focus on low and consistent stroke count throughout (16-18 strokes/25m)
Run 30mins Z1

RACE SIMULATION DAY 2

Sun

Swim 1,500m as 1,000m FC in Z1, 500m FC in Z2. Recover for <1hr
Brick 4hrs 15mins **Bike** 3hours Z1 over hilly terrain immediately into **Run 75mins** in Z1

FOLD1

WEEK 07

Mon

Bike 40mins Z1 Include 2x5min in Z3 +2min RI
Run 30min Z1 include 3x200m Z3 hill repeats +easy jog down RI

Tue

Swim 1,400m **WU** 400m MEDLEY **MAIN** 20x50m in Z2 FC +30secs RI. Focus on low and consistent stroke count throughout (16-18 strokes/25m)
Bike 40mins Z1 include 5x1min Z3 +1min RI

Wed

Run 40mins Z1 over rolling terrain
Swim 1,600m Z1 **WU** 600m as 200m MEDLEY/200m KICK/200m MEDLEY **MAIN** 2x500m FC +1min RI

Thur

REST DAY

Fri

Bike 1hour Z1 over hilly terrain. Remain seated on hills and spin a light gear **Run 20min** in Z1

Sat

Swim 1,400m **WU** 400m MEDLEY **MAIN** 10x50m in Z2 FC +30secs RI. Focus on low and consistent stroke count throughout (16-18 strokes/25m)
Bike 40mins Z1 include 5x1min Z3 +1min RI

Sun

Bike 2hours Z1 over hilly terrain
Run 10min Z1

WEEK 06

Mon

Bike 1hour Z1 Include 3x5mins in Z3 +2min RI
Run 40mins Z1 include 4x200m Z3 hill repeats +easy jog down RI

Tue

Swim 2,000m **WU** 400m MEDLEY **MAIN** 4x400m FC in Z2 +15secs RI. Focus on low and consistent stroke count throughout (16-18 strokes/25m)
Bike 1hr 20mins Z1 include 2x20min Z2 +5min RI easy spinning

Wed

Run 1hr 15mins Z1 over rolling terrain
Swim 2,000m Z1 **WU** 400m as 200m MEDLEY/200m KICK **MAIN** 4x400m FC plus paddles +20secs RI

Thur

REST DAY

Fri

Bike 2hrs Z1 over hilly terrain. Remain seated on hills and spin a light gear
Run 20mins in Z1

Sat

Run 20mins Z1

Sun

Bike 5hours in Z1 over hilly terrain. Take in the longest climbs you can

WEEK 08

Mon

Bike 40mins Z1. Include 5mins in Z3
Run 20mins Z1

Tue

Swim 1,100m **WU** 400m MEDLEY/200m KICK **MAIN** 10x50m in Z2 FC +1min RI. Focus on low and consistent stroke count throughout (16-18 strokes/25m)
Bike 30mins Z1 include 3x1min Z3 +1min RI

Wed

Run 20mins Z1 over rolling terrain
Swim 800m Z1 **WU** 400m MEDLEY **MAIN** 2x200m FC +1min RI

Thur

Bike 20mins Z1 +3x20secs Z3 +2min RI

Fri

REST DAY

Sat

Swim 400m **WU** 200m MEDLEY **MAIN** 200m Z2
Bike 20mins Z1 +2x10secs Z3 +5mins RI. Complete these workouts in the morning to allow full recovery and race preparation

Sun

IRONMAN 70.3 RACE DAY

