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

Garth Fox is a triathlete and cyclist, with a masters degree in sports science
**THE PLAN: RACE 70.3 FAST**

**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.

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**FOLD1**

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### AGE GROUP: IRONMAN 70.3

Get ready to reach the top 10 in your category at an Ironman 70.3 race.

**THE PLAN:**

**RACE 70.3 FAST**

**ADVANCED**

**8-WEEK PLAN**

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**WEEK 01**

- **Bike:** 2 hours 
- **Swim:** 1,000m 
- **Run:** 30 minutes

**WEEK 02**

- **Bike:** 40 minutes 
- **Swim:** 1,000m 
- **Run:** 30 minutes

**WEEK 03**

- **Bike:** 2 hours 
- **Swim:** 1,000m 
- **Run:** 30 minutes

**WEEK 04**

- **Bike:** 2 hours 
- **Swim:** 1,000m 
- **Run:** 30 minutes

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**FOLD 2**

**KEY**

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

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