THE PLAN

TRAIN FOR IRONMAN 70.3 THIS WINTER

THE THREE-MONTH TRAINING PLAN THAT’LL BUILD THE FOUNDATIONS FOR YOUR BEST EVER MIDDLE-DISTANCE TRIATHLON PERFORMANCE

Meet the expert

Richard Smith

An MSc Sports Science and Coaching postgraduate, Smith has 15 years’ experience of working and coaching in elite sports

WITH THE race season over and the winter months upon us, it is easy to allow the couch to become the more attractive option over the turbo trainer. However, if you have aspirations of stepping up to middle- and long-distance racing, now is the time to start laying down the strong foundations for a personal best performance. The challenge of an Ironman 70.3 or middle-distance race (1.9km/90km bike/21.1km run) shouldn’t be underestimated and for many age-group athletes it represents an increase of more than double, with pacing and race nutrition becoming far more significant.

This two-part Ironman 70.3 plan leads you week by week through appropriate training progressions with session-by-session guidance on content and intensity. Part one is designed to build consistency in your training and develop the strong physical foundations from which you can build your 70.3 performance while remaining injury free. Part two (which will appear in issue 51, on sale in February) guides you through the last 12 weeks of your preparation right up to your taper and race day.

Are these plans for you?

Before beginning these plans you should already be able to:
- Swim 400m non-stop
- Ride your bike for at least 90 minutes
- Run for at least 45 minutes

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

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**Training Zones**

**Try to work** to the prescribed Training Zones explained below as these will help you train at the right intensity for each session. This will help 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 maximum heart rate to calculate your zones. Tools like cycle power meters and GPS watches will help track your training progress, but they’re not essential for these plans.

These training zones are only a guide. Don’t worry about being overly precise with heart rates because they naturally fluctuate. Be mindful of your training intensity and pacing but more importantly be consistent, get out there and enjoy your training.

**Zone One (Z1) Recovery**
60 to 65% of your maximum. Easy pace, feels nice and light.

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

**Zone Three (Z3) Tempo**
75% to 80% of your maximum. A fairly hard but sustainable pace.

**Zone Four (Z4) Race tempo**
80 to 90% of your maximum. A hard pace that requires real focus to sustain.

**Log your training** free training.triradar.com

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**Example Strength and Conditioning Session:**

This session is referred to as S&C in the training plan overleaf. Feel free to adapt this example, or try a gym circuit training class instead.

- **WU** 5mins skipping followed by two sets of 15 reps of walking lunge steps with upper body twist

**Main**

- **Lower body:** Squats / Single leg squat / dumbbell lunges to front, side and back / calf raises / glute clams, two sets of 12-15 reps

- **Upper body:** Seated row / rotator cuff rotations, with bands / back + side extensions + core exercises of choice, two sets of 12-15 reps
### Week 01
**Building Your Base 1**

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- **Swim 2,000m** Technique session
  - WU 2x750m FC, 100m KICK, 50m PULL + 5x5secs RI
  - Main 4x50m as 25m SCULL/25m FC, 5x2mins RI
  - WU 3x100m at 1:25 w/FC, WU 5x100m at 1:30 w/FC

- **Run 45mins** Endurance
  - WU 5mins Z2 + drills
  - Main 2x10mins Z3 + 3mins RI
  - Endurance 90mins – 2hrs

- **Bike** 1hr Road or turbo Front Endurance on side
  - WU 5mins BUILD + 5mins easy spin
  - Main 3x2mins gentle hill reps in Z2 with easy down hill recovery

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### Week 02
**Building Your Base 2**

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- **Swim 2,000m** Technique session
  - WU 2x750m FC, 100m KICK, 50m PULL + 5x5secs RI
  - Main 4x25m SCULL/25m FC, 5x2mins RI

- **Run 50mins** Tempo intervals
  - WU 10mins Z2 + drills
  - Main 2x3mins at 1:00 race pace + 3mins RI
  - WU 5x10mins Z2

- **Bike** 1hr Road or turbo Strength
  - WU 5mins BUILD + 5mins easy spin
  - Main 3x2mins in Z3

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### Week 03
**Building Your Base 3**

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- **Swim 2,000m** Endurance
  - WU 2x750m FC, 100m KICK, 50m PULL + 5x5secs RI

- **Run 40mins** Shallow hill reps
  - WU 5mins Z2 + drills
  - Main 6x2mins gentle hill reps in Z2 with easy down hill recovery

- **Bike** 1hr Road or turbo Endurance on side

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### Week 04
**Recovery Week**

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- **Swim 2,000m** Speed endurance session
  - WU 400m as (50m FC, 25m SCULL + 5x5secs RI, 200m FC, 1:00 RI) + 10sec RI

- **Run 40mins** Tempo
  - WU 10mins Z2 + drills
  - Main 15mins at target 70.3 race pace
  - WU 10mins Z2

- **Bike** 1hr Road or turbo Tempo
  - WU 5mins BUILD + 5mins easy spin

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**Fold 1**
### WEEK 05
**BUILDING YOUR BASE 5 + TESTING**

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**Run 60mins: Endurance run in Z3**

**Bike 1hr** Turbo test (WU) Endurance – SLOD, MAIN: Start at 15mph and increase by 0.5mph every 1.5mins, record heart rate and RPE. Continue to increase work until you cannot sustain 15mins. WO: 10mins easy spin.

**Swim 200m** Technique session (WU) Endurance – SLOD, MAIN: 4x25m small drill, 4x25m drill, 4x25m push. WO: 10mins easy swim.

### WEEK 06
**BUILDING YOUR BASE 6**

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**Run 60mins: Endurance run in Z3**

**Bike 1hr** Turbo test (WU) Endurance – SLOD, MAIN: Start at 15mph and increase by 0.5mph every 1.5mins, record heart rate and RPE. Continue to increase work until you cannot sustain 15mins. WO: 10mins easy spin.

**Swim 200m** Technique session (WU) Endurance – SLOD, MAIN: 4x25m push, 4x25m drill, 4x25m small drill. WO: 10mins easy swim.

### WEEK 07
**BUILDING YOUR BASE 7**

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**Swim 200m** Technique session (WU) Endurance – SLOD, MAIN: 4x25m push, 4x25m drill, 4x25m small drill. WO: 10mins easy swim.

**Run 50mins: Tempo intervals** (WU) Endurance – SLOD, MAIN: 2x15mins Z3 + 3mins RI. WO: 5mins easy swim.

### WEEK 08
**RECOVERY WEEK**

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**Swim 1,800m** Technique session (WU) Endurance – SLOD, MAIN: 4x100m as 25m drill/slow/25m Fc/Z2+30secs RI. WO: 200m easy swim.

**Run 40-50mins** Endurance – SLOD, MAIN: 30-40mins Z2. WO: 30-40mins Z2. REST DAY

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**THE PLAN: IRONMAN 70.3**

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**Fold 1**

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**TriRadar.com**

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**December 2012 Triathlon Plus**
WEEK 09

GENERAL PREPARATION 1 + TESTING

REST DAY

- **Fold**

**Monday**
- Swim 30-60mins

**Tuesday**
- Run 60mins Endurance run in Z2

**Wednesday**
- Bike 90mins Turbo/Normal

**Thursday**
- Run 60mins

**Friday**
- Swim 2,000m Technique session

**Saturday**
- Bike 1hrs Turbo test

**Sunday**
- Rest day

WEEK 10

GENERAL PREPARATION 2

REST DAY

- **Fold**

**Monday**
- Swim 2,500m Endurance

**Tuesday**
- Run 60mins

**Wednesday**
- Bike 75mins Turbo/Normal

**Thursday**
- Swim 2,500m

**Friday**
- Brick 2hrs 20mins

**Saturday**
- Bike 90mins Endurance

**Sunday**
- Rest day

WEEK 11

GENERAL PREPARATION 3 (PEAK WEEK 1)

REST DAY

- **Fold**

**Monday**
- Swim 2,200m Technique session

**Tuesday**
- Run 60mins Interval

**Wednesday**
- Bike 60mins

**Thursday**
- Swim 2,500m

**Friday**
- Bike 3hrs

**Saturday**
- Run 60mins

**Sunday**
- Optional Swim 1,000m

WEEK 12

RECOVERY WEEK

REST DAY

- **Fold**

**Monday**
- Swim 2,000m Technique/endurance

**Tuesday**
- Run 30mins Recovery

**Wednesday**
- Bike 60mins

**Thursday**
- Swim 75mins

**Friday**
- Rest day

**Saturday**
- Run 75mins

**Sunday**
- Bike 90mins Endurance

**Fold**