Before beginning these plans you should already be able to:

- Swim 1,000m non-stop
- Ride your bike for at least 2hrs
- Run for at least 1hr

If you have consistently been able to follow part one of this plan (Issue 48) and can train for up to 10-14hrs per week, you should be able to follow the Advanced Plan. If you have only been able to follow part one some of the time, or have less than 10hrs per week, you should follow the Intermediate Plan.

Are these plans for you?

PART TWO OF THE TRAINING PLAN THAT WILL SEE YOU IRONMAN 70.3 FIT IN JUST 24 WEEKS

Part 2: Intermediate

IRONMAN 70.3
TRAINING PLAN TIPS

1. CONSISTENCY / TIME MANAGEMENT
   Plan your week in advance, maximising the time you have available for training, recovery and everything else going on.

2. MONITOR PROGRESS
   Use regular in-session testing—like a T20 swim test, where you swim as far as you can in 20 minutes—to monitor your progress, establish your target race paces and for your own personal motivation.

3. RACE RECCE / VISUALISATION
   Review the courses by visiting the venue or looking at maps. Do some of your key race paced sessions on similar courses and visualise yourself racing.

4. NUTRITION AND HYDRATION
   Aim to hit your race weight by the middle of the plan by eating a balanced, healthy diet that supports your training and recovery. Practise race nutrition and hydration strategies during your long race-paced sessions.

5. BRICK SESSIONS / TRANSITION TRAINING
   Brick sessions help you adapt to the specific demands of longer bike/run events, as well practising efficient transitions.

6. PACING
   Training regularly at target race pace and being able to maintain specific efforts is key to middle-distance racing. For a 70.3 race you should be able to stay within 2-3 secs per 100m of your Critical Swim Speed (CSS—your race speed). Cycle at between 75-83% of your max heart rate and run at a similar level with the aim of going faster in the last third of the run.

7. CONDITIONING TO ENHANCE PERFORMANCE
   Support your training with appropriate strength and conditioning training and sports massage. This can be integrated into warm-up and recovery work.
THE PLAN IRONMAN 70.3: INTERMEDIATE

TRIATHLON YOUR 12-WEEK PLAN

PART TWO OF THE TRAINING PLAN THAT WILL SEE YOU IRONMAN 70.3 FIT IN JUST 24 WEEKS

WEEK 13

REST DAY

WEEK 14

REST DAY

WEEK 15

REST DAY

WEEK 16

REST DAY

THE 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 you to develop specific aspects of your fitness, as well as making sure that you don’t overdo it.

You can either estimate your intensity, using these 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 power meters and GPS watches help track your progress, but they’re not essential.

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

Zone 1 (Z1) Recovery
60 to 65% of your maximum. Easy pace, feels nice and light.

Zone 2 (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 3 (Z3) Tempo
75% to 80% of your maximum. A fairly hard, but sustainable pace.

Zone 4 (Z4) Race tempo
80 to 90% of your maximum. A hard pace that requires real focus to sustain.

KEY

WU Warm up,
WD Warm down,
MAIN Main set,
FC Front crawl,
KICK Kick only,
BUILD Build.

Gradually increase the intensity of each rep within a set, PULL Front crawl with a pull float between thighs, IM Rest interval,
STROKE Second stroke of choice,
IM Individual medley:
butterfly, back, breast, front crawl,
L-ARM Front crawl using one arm only,
N/S Negative split – swim the second half faster than the first,
SC Stroke counting,
FORAG drag your fingers along the surface during the FC arm recovery,
CUP Catch up – touching handle at front of stroke,
FITS swim FC with clenched fists,
DOG Doggy paddle,
SCULL Kick with arms held out in front, sculling your hands side to side,
BAND Front crawl with anumber band or inner-tube tied around ankles,
ANKLE FC with pull float between ankles,
S&D Single leg bike drills.

SHIFT1

Part 2: Intermediate

IRONMAN 70.3 TRAINING

Part Two of the training plan that will see you Ironman 70.3 fit in just 24 weeks

WEEK 13

REST DAY

WEEK 14

REST DAY

WEEK 15

REST DAY

WEEK 16

REST DAY

THE TRAINING ZONES

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BAND Front crawl with anumber band or inner-tube tied around ankles,
ANKLE FC with pull float between ankles,
S&D Single leg bike drills.
Week 17

**REST DAY**

- **Monday**
  - Run 100mins Endurance run in Z2
- **Tuesday**
  - Bike 2hrs Easy soft pedaling with a few short race efforts
  - Run 50mins Race prep (ideally open water)
- **Wednesday**
  - Bike 100mins Strength endurance at IM pace
  - Run 100mins Race prep (ideally open water)
- **Thursday**
  - Bike 90mins Easy spin
  - Run 100mins Speed endurances as 1km at 70.3 race pace and 3rd effort just faster than 70.3 pace
- **Friday**
  - Swim 1,500m Race prep (ideally open water)
  - Bike 90mins Easy spin
  - Run 100mins Race prep (ideally open water)
- **Saturday**
  - Bike 40mins Rest day
- **Sunday**
  - Bike 30mins Open water swim 600m
  - Run 10min Stretching out and a few strides

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**FOLD 1**

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Week 18

**REST DAY**

- **Monday**
  - Run 100mins Endurance run in Z2
- **Tuesday**
  - Bike 2hrs Easy soft pedaling with a few short race efforts
  - Run 50mins Race prep (ideally open water)
- **Wednesday**
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  - Bike 40mins Rest day
- **Sunday**
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  - Run 10min Stretching out and a few strides

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Week 19

**REST DAY**

- **Monday**
  - Run 100mins Endurance run in Z2
- **Tuesday**
  - Bike 2hrs Easy soft pedaling with a few short race efforts
  - Run 50mins Race prep (ideally open water)
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  - Bike 40mins Rest day
- **Sunday**
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Week 20

**REST DAY**

- **Monday**
  - Run 100mins Endurance run in Z2
- **Tuesday**
  - Bike 2hrs Easy soft pedaling with a few short race efforts
  - Run 50mins Race prep (ideally open water)
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- **Saturday**
  - Bike 40mins Rest day
- **Sunday**
  - Bike 30mins Open water swim 600m
  - Run 10min Stretching out and a few strides

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**RACE DAY**

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**THE PLAN IRONMAN 70.3: ADVANCED**

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**Part Two of the Training Plan That Will See You IRONMAN 70.3 Fit in Just 24 Weeks**

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