RUN YOUR BEST EVER 70.3
SMASHING YOUR PB OR JUST SURVIVING YOUR FIRST HALF-IM – FOLLOW OUR PERFECT PLANS

THREE MONTHS is long enough to pull off a PB at Ironman 70.3. These 12-week plans for a middle-distance race progress in both volume and intensity as race day gets closer, working in a ‘three-week build / one week easy’ format. The plan concludes with a 10-14 day taper to sharpen you up for the big day.

There are two plans – one for getting round and one for racing hard.

Intermediate
70.3 miles is a long way, by anyone’s standards. If this is your first attempt at the distance then this plan will help you prepare and condition your body for race day. It’s aimed at triathletes who care more about getting around in one piece with a smile on their face than setting course records or qualifying for world champs. With a good balance of swim, bike, run and resting it, should see you round the course just fine, whatever your previous triathlon experiences.

Advanced
This plan is aimed more towards the ‘pointy’ end of the field – those who have done a few half-Ironmans or have been competitive over the Olympic distance and want to take a serious approach to the racing. As with the ‘get round’ plans, there is a good balance between swimming, biking and running, with one day off per week for essential recovery.

YOU NEED TO CONSIDER FIVE MAIN AREAS:

1 CONSISTENCY Both plans make the best use of time, and progress from one week to the next. Follow the plan as closely as possible without missing sessions, as you can’t play catch-up with only 12 weeks to go.

2 RECOVERY This doesn’t mean just putting your feet up on your day off. You need to make sure you’re stretching after sessions and eating correctly to provide your body with the best chance of adapting post-training.

3 RACE PACE Be realistic with how fast you want to get around the course and train accordingly.

4 NUTRITION Get used to what you’ll be using on race day by preparing the body to accept whichever products the race organisers are using, to avoid an upset stomach on race day.

5 ENJOYMENT Make sure you enjoy it! 70.3 Ironman is a massive commitment – if you don’t enjoy it then you’ll never complete or compete to the best of your ability.
**Intermediate IRONMAN 70.3**

**FOLLOW OUR GUIDE TO RACE YOUR BEST EVER HALF-IRONMAN**

**THE PLANS**

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**12-WEEK PLAN**

**FOLD1**

**WEEK 01**

**Mon**
- Time: 3 hours, Distance: 40km
- Type: Cycle, Endurance Instructions: Main set 7km at Ironman 70.3 pace

**Tue**
- Time: 3 hours, Distance: 40km
- Type: Cycle, Endurance Instructions: Main set 7km at Ironman 70.3 pace

**Wed**
- Time: 3 hours, Distance: 40km
- Type: Cycle, Endurance Instructions: Main set 7km at Ironman 70.3 pace

**Thu**
- Time: 3 hours, Distance: 40km
- Type: Cycle, Endurance Instructions: Main set 7km at Ironman 70.3 pace

**Fri**
- Time: 3 hours, Distance: 40km
- Type: Cycle, Endurance Instructions: Main set 7km at Ironman 70.3 pace

**Sat**
- Time: 3 hours, Distance: 40km
- Type: Cycle, Endurance Instructions: Main set 7km at Ironman 70.3 pace

**Sun**
- Time: 3 hours, Distance: 40km
- Type: Cycle, Endurance Instructions: Main set 7km at Ironman 70.3 pace

**WEEK 02**

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- Type: Cycle, Endurance Instructions: Main set 7km at Ironman 70.3 pace

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**Sun**
- Time: 3 hours, Distance: 40km
- Type: Cycle, Endurance Instructions: Main set 7km at Ironman 70.3 pace

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**TRAINING NOTES**

**WEEK 03**

**Mon**
- Time: 3 hours, Distance: 40km
- Type: Cycle, Endurance Instructions: Main set 7km at Ironman 70.3 pace

**Tue**
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- Type: Cycle, Endurance Instructions: Main set 7km at Ironman 70.3 pace

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**Sun**
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### Training Plan

#### WEEK 05

- **Monday (Rest day)
- **Tuesday (Rest day)
- **Wednesday (Rest day)
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#### WEEK 06

- **Monday (Rest day)
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#### WEEK 07

- **Monday (Rest day)
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#### WEEK 08

- **Monday (Rest day)
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**Instructions**

- **Run:** Intervals
  - Time: [5km](#) / [10km](#)
  - Type: [09:00](#)
  - Distance: [02:30](#)
  - Instructions: [Easy](#) run, your favorite pawn.

- **Cycle:** Intervals
  - Time: [2,000m](#)
  - Type: [100m](#) at [10km](#) pace
  - Distance: [01:30](#)
  - Instructions: [Easy](#) spin, your favorite pawn.

- **Swim:** Main set
  - Time: [2,000m](#)
  - Type: [100m](#) at [10km](#) pace
  - Distance: [01:30](#)
  - Instructions: [Easy](#) swim, your favorite pawn.

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**RACE DAY!**

- **Saturday (Race day)
- **Sunday (Race day)

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**Notes:**

- Use this to work on technique.
- Use this to gauge your pace./WD
- 0% 45 mins.
- 0% 45 mins.
- 0% 45 mins.
- 0% 45 mins.
- 0% 45 mins.
- 0% 45 mins.
### Training Notes

#### The Plans

**Ironman 70.3**

Follow our guide to run your best ever half-ironman.

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**Weekly Plan**

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**Monday**

- **Time/Distance:** 1:00h
  - **Type:** Swim
  - **Technical:** Endurance Instructions
  - **W/U:** 200m easy swimming
  - **W/D:** 10km at Ironman 70.3 pace
  - **Endurance:** 10km

**Tuesday**

- **Time/Distance:** 1:00h
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**Wednesday**

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**Thursday**

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**Tuesday**

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**JUNE 2010 Triathlon Plus 81**
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**End of training zone**