

Peak performance

RUN YOUR BEST EVER 70.3

SMASHING YOUR PB OR JUST SURVIVING YOUR FIRST HALF-IRONMAN – 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.

Meet the expert

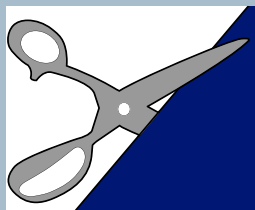
Doug Hall

Doug coaches novices and top-level age-groupers. He’s an elite athlete and studied sport at the University of Bath

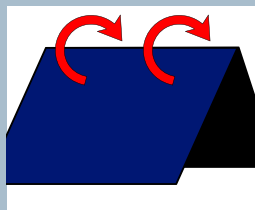


How it works

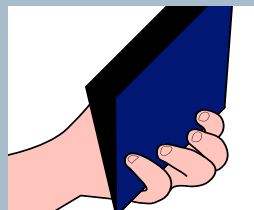
Get your guide ready to go



Cut out the guide following the dotted outline



Fold the guide in half using the two fold guides



Now carry it with you for reference while training





Intermediate

IRONMAN 70.3

FOLLOW OUR GUIDE TO RACE YOUR BEST EVER HALF-IRONMAN

FOLD1

TRAINING NOTES

FOLD2

	WEEK 01	WEEK 02
Mon	Rest day	Rest day
Tue	Time 1 hour Distance 3,000m Type Swim, Intervals Instructions W/U 5x200m as swim/pull/kick/pull/swim Main set 6x300m alt swim/pull/pull with paddles W/D 200m easy	Time 1 hour Distance 3,000m Type Swim Intervals Instructions W/U 4x200m as 150m swim/50m kick on back Main set 20x100m + 20secs rest HARD effort alternating swim/pull/IM/drill W/D 200m easy
Wed	Time 1 hour Distance 10km Type Run, Endurance Instructions 10mins easy jogging Main set 3x[10mins at Ironman 70.3 pace/5mins easy jogging] W/D 5mins easy jogging/walking	Time 1 hour Distance 10km Type Run, Intervals Instructions W/U 10mins easy jogging Main set 3x[4x400m above Ironman 70.3 pace + 30secs rest] Take an extra 60secs between sets W/D 5mins easy jogging/walking
Thur	Time 1 hour Distance 25km Type Cycle, Intervals Instructions W/U 15mins easy spinning Main set 2x[3mins build/2mins MAX/5mins easy/2mins build/3mins MAX/5mins easy] W/D 5mins easy spinning	Time 1 hour Distance 25km Type Cycle Intervals Instructions W/U 15mins easy spinning Main set 6x3mins hill reps at Ironman 70.3 pace. Alternate reps as: 1) Seated, 2) Standing, 3) Your choice. Ride downhill recovery W/D 5mins easy spinning
Fri	Rest day	Rest day
Sat	Time 1 hour 30mins Distance 40km Type Cycle, Endurance Instructions Main set 1hr 30mins at Ironman 70.3 pace	Time 2 hours Distance 35km Type Brick: Cycle to Run Instructions Cycle 60mins at Ironman 70.3 pace — on race bike, in racing position Run (off bike), Out for 30mins at IM 70.3 pace, then turn around and increase effort. Aim to return to the starting point 2:3mins quicker
Sun	Type Run, Intervals Time 1 hour Distance 10km Instructions W/U 10mins easy jogging, Main set 10x2min hill reps above Ironman 70.3 pace/jog downhill recovery, W/D 10mins easy jogging/walking. Type Swim, Endurance Time 1 hour Distance 2,000m Instructions W/U 300m choice swimming Main set 30x50m at Ironman 70.3 pace + 10secs rest W/D 200m easy swim	Type Cycle: Easy Time 1 hour Distance 10km Instructions Easy spin for 1hr, swing by your favorite café. Type Swim: Endurance Time 1 hour Distance 2,000m Instructions W/U 300m choice swimming Main set 15x100m alternating swim/pull at Ironman 70.3 pace + 15secs rest W/D 200m easy swimming

	WEEK 03	WEEK 04
Mon	Rest day	Rest day
Tue	Time 1 hour Distance 3,000m Type Swim Intervals Instructions W/U 3x200m as swim/pull/kick Main set 6x100m swim build effort over last 25m. 2x300m swim/pull: 3x200m as swim/IM/pull: 6x100m as fast for 25m, then decrease effort for rest of rep W/D 200m easy	Time 1 hour Distance 3,000m Type Swim, Intervals Instructions W/U 2x400m as swim/pull Main set 3x300m swim, 4x200m pull, 5x100m IM W/D 200m easy
Wed	Time 1 hour 15mins Distance 12.5km Type Run, Endurance Instructions Steady state running at Ironman 70.3 pace on off-road terrain. Keep pace even throughout	Time 30 mins Distance 5km Type Run, Intervals Instructions W/U 10mins easy jogging, Main set 3x[4x400m above Ironman 70.3 pace + 30secs rest] Take an extra 60secs between sets W/D 5mins easy jog/walk
Thur	Time 1 hour Distance 25km Type Cycle, Intervals Instructions W/U 10mins easy spinning, Main set 3x[10mins at Ironman 70.3 pace/5mins easy spinning.] Keep effort consistent, despite changes in terrain. W/D 5mins easy spinning	Rest day
Fri	Rest day	Rest day
Sat	Time 2 hours Distance 50km Type Cycle, Endurance Instructions Main set 2hrs on hilly terrain at 70.3 Ironman pace, build effort uphill to MAX	Time 2 hours Distance 50km Type Cycle: easy Instructions Cycle Easy 2hrs spinning at high cadence. Swing by your favorite café
Sun	Type Run: Intervals Time 1 hour Distance 10km Instructions W/U 15mins easy jogging, Main set 4x[2mins build/2mins 10km pace/2mins 5km pace/2mins easy] W/D 15mins easy jogging/walking. Type Swim: Endurance Time 1 hour Distance 2,000m Instructions W/U 300m choice swim Main set 10x150m as 100m build/50m at IM 70.3 pace + 20secs rest W/D 200m easy swim	Type Run: Recovery Time 30 mins Distance 5km Instructions 30mins steady state running. Focus on running tall, landing and driving off the ball of your foot. Type Swim: Technique Time 1 hour Distance 2,000m Instructions W/U 300m choice swimming Main set 10x100m as 25m drill/75m swim + 15secs W/D 200m easy swimming

TRAININGZONE

	WEEK 05	WEEK 06	WEEK 07	WEEK 08	
Mon	Rest day	Rest day	Rest day	Rest day	
Tue	Time 1 hour Distance 3,000m Type Swim, Intervals Instructions W/U 4x200m as swim/pull/drill/kick Main set (+30sec rest throughout) 100m swim, 200m IM, 300m pull, 400m swim, 400m pull, 300m swim, 200m IM, 100m pull W/D 200m easy	Time 1 hour Distance 3,000m Type Swim, Intervals Instructions W/U 400m choice, 4x50m drill Main set 2x(200m at 1,500m race pace, 4x100m at 400m race pace, 4x50m MAX effort + 30sec rest throughout) Kick set: 6x100m as 15m hard/35m steady W/D 200m easy	Time 1 hour Distance 3,000m Type Swim, Intervals Instructions W/U 400m choice, 4x50m drill Main set 2x(200m at 1,500m race pace, 4x100m at 400m race pace, 4x50m MAX effort + 30sec rest throughout) Kick set: 6x100m as 15m hard/35m steady W/D 200m easy	Time 1 hour Distance 2,000m Type Swim, Recovery Instructions W/U 2,000m easy swimming, working on technique	
Wed	Time 1 hour 30mins Distance 15km Type Run, Endurance Instructions W/U 10mins easy jogging Main set 5x(4mins at Ironman 70.3 pace / 4mins above Ironman 70.3 pace / 4mins at Ironman 70.3 pace / 2mins easy) W/D 5mins easy jogging/walking	Time 1 hour 45mins Distance 17.5km Type Run, Endurance Instructions Main set Steady state running at Ironman 70.3 pace on off-road terrain. Keep pace even throughout	Time 1 hour 45mins Distance 17.5km Type Run, Endurance Instructions W/U Steady state running at Ironman 70.3 pace on off-road terrain. Keep pace even throughout	Time 30 mins Distance 17.5km Type Run, Recovery Instructions W/U 30mins steady state running, Focus on running tall, landing and driving off the ball of your foot	
Thur	Time 1 hour Distance 25km Type Cycle, Intervals Instructions W/U 10mins easy spinning, Main set 3x(5mins build / 5mins above Ironman 70.3 pace / 5mins easy) W/D 5mins easy spinning	Time 1 hour 30 mins Distance 40km Type Cycle, Intervals Instructions W/U 20mins easy spin Main set 10mins steady, 8mins Tempo, 6mins at Ironman 70.3 pace, 4mins hard, 2mins MAX W/D 10mins easy spinning	Time 1 hour 30 mins Distance 40km Type Cycle, Intervals Instructions W/U 20mins easy spinning Main set 10mins steady, 8mins Tempo, 6mins at Ironman 70.3 pace, 4mins hard, 2mins MAX W/D 10mins easy spinning	Rest day	
Fri	Rest day	Rest day	Rest day	Rest day	
Sat	Time 2 hours 30 mins Distance 60km Type Cycle, Endurance Instructions Main set 2hrs 30mins at Ironman 70.3 pace	Time 3 hours Distance 75km Type Brick, Cycle to run Instructions Cycle Main set 1hr 45mins at IM 70.3 pace on race bike, in race position Instructions Run (off bike) Out for 37mins at IM 70.3 pace, then turn around and increase effort. Aim to return to start point 2-3mins quicker	Time 3 hours Distance 75km Type Cycle, Endurance Instructions Main set 3hrs on hilly terrain at 70.3 Ironman pace, build effort uphill to MAX	Time 2 hours Distance 50km Type Cycle, Easy Instructions 2hrs spinning a high cadence. Swing by your favourite café	
Sun	Type Run, Intervals Time 1 hour Distance 10km Instructions W/U 10mins easy jog. Main set 8x3min hills reps. Alternate reps 1) IM 70.3 pace, 2) Above IM 70.3 pace. Jog down hill recovery. W/D 5mins easy jog/walk. Type Swim, Endurance Time 1 hour Distance 2,500m Instructions W/U 300m choice swim Main set 10x200m as 50m SPRINT / 150m at IM 70.3 pace + 20sec rest W/D 200m easy	Type Cycle Time 1 hour Distance 10km Instructions Easy spin for 1 hour, swing by your favourite café. Type Swim Time 1 hour Distance 2,000m Instructions W/U 200m choice swim Main set 7x300m as 100m build / 100m at IM 70.3 pace / 100m easy + 30sec rest W/D 200m easy swim	Time 1 hour / 1 hour Distance 10km / 2,500m Type Run, Intervals; Swim, Endurance Instructions Run W/U 15mins easy jog Main set 3x(3mins build / 3mins 10km pace / 3mins 5km pace / 3mins easy) W/D 10mins easy jog Instructions Swim W/U 300m choice swimming Main set 5x400m alternating swim/pull at IM 70.3 pace + 30sec rest W/D 200m easy swimming	Type Run, Recovery Time 30 mins Distance 5km Instructions Time hour 30mins steady state running, Focus on running tall, landing and driving off the ball of your foot Type Swim, Technique Time 1 hour Distance 2,500m Instructions W/U 300m choice swimming Main set 5x400m alternating swim/pull at Ironman 70.3 pace + 30sec rest W/D 200m easy swimming	
WEEK 09					
Mon	Rest day	Rest day	WEEK 11		
Tue	Time 1 hour Distance 3,000m Type Swim, Intervals Instructions W/U 400m choice, 4x50m drill Main set 2x(200m at 1,500m race pace, 4x100m at 400m race pace, 4x50m MAX effort + 30sec rest throughout) Kick set: 6x100m as 15m hard/35m steady W/D 200m easy	Time 1 hour Distance 3,000m Type Swim, Intervals Instructions W/U 5x200m as swim/pull/IM/drill/kick Main set 4x50m + 15sec rest, 4x100m + 20sec rest, 4x150m + 30sec rest, 4x100m + 20sec rest, 4x50m + 15sec rest W/D 200m easy	Time 1 hour Distance 2,000m Type Swim, Endurance Instructions W/U 300m choice Main set 1,500m continuous swimming. Use this to gauge your pacing W/D 200m easy swimming	WEEK 12	
Wed	Time 1 hour 45mins Distance 17.5km Type Run, Endurance Instructions W/U 10mins easy jogging Main set 20x400m at 5km race pace with 100m easy jog / walking between reps W/D 5mins easy jogging	Time 1 hour Distance 10km Type Run, Intervals Instructions W/U 10mins easy jogging Main set 20x400m at 5km race pace with 100m easy jog / walking between reps W/D 5mins easy jogging	Time 1 hour Distance 25km Type Cycle, Intervals Instructions W/U 15mins easy spinning Main set 3x(10mins above Ironman 70.3 pace / 3mins easy spinning. Warm down 10mins easy spinning	Time 1 hour Distance 2,000m Type Race prep Instructions W/U 15mins as per pre race warm up Main set 4x50m MAX efforts + 45sec rest, 200m at Ironman 70.3 pace + 45sec rest, 4x50m MAX efforts + 45sec rest W/D 400m easy choice swimming	
Thur	Rest day	Time 1 hour Distance 25km Type Cycle, Intervals Instructions W/U 20mins easy spinning Main set 3x5min hill reps. Build each rep in effort from steady at the bottom to MAX at the top. Ride downhill recovery W/D 10mins easy spinning	Time 1 hour 30mins Distance 15km Type Run, Endurance Instructions Main set 1hr 30mins at Ironman 70.3 pace	Type Cycle, Easy Time 1 hour Distance 25km Instructions Main set Easy soft pedaling for 60mins on race bike Type Swim, Easy Time 30mins Distance 1,000m Instructions Easy 1,000m open-water swim at the race venue if possible	
Fri	Rest day	Rest day	Time 1 hour Distance 3,000m Type Swim, Open water Instructions W/U 4x200m as swim/pull/kick/swim Main set 8x50m (as build 1-4, hold 5-6) + 10sec rest, 5x100m deep water start / turns, 100m kick, 5x100m pull, with paddles, 100m kick, 5x100m deep water start / turns W/D 200m easy	Rest day	
Sat	Time 3 hours Distance 75km Type Cycle, Endurance Instructions Main set 3hrs on hilly terrain at Ironman 70.3 pace, building effort uphill to MAX	Time 2 hours 30 mins Distance 60km Type Brick, Cycle to run Cycle 1hr 30mins at IM 70.3 pace, on race bike, in racing position. Run (off bike) Out for 30mins at IM 70.3 pace, then turn around and increase effort. You should return to the starting point 2-3mins quicker	Time 2 hours Distance 50km Type Cycle, Endurance Instructions Main set 2hrs at Ironman 70.3 pace	Time 30 mins Distance 5km Type Run, Easy Instructions Main set Easy jogging for 15mins around transition / race area to familiarise yourself before tomorrow	
Sun	Type Run, Intervals Time 1 hour Distance 10km Instructions W/U 15mins easy jogging Main set 3x(3mins build / 3mins 10km pace / 3mins 5km pace / 3mins easy) W/D 10mins easy jogging/walking Type Swim, Endurance Time 1 hour Distance 2,500m Instructions W/U 300m choice swim Main set 5x400m alternating swim/pull at IM 70.3 pace + 30sec rest W/D 200m easy swim	Type Cycle; Easy Time 1 hour Distance 25km Instructions Easy spin for an hour, swing by your favourite café. Type Swim; open water Time 1 hour Distance 2,500m Instructions W/U 300m choice swim Main set 2000m continuous swimming. Use this to gauge your pacing, W/D 200m easy swimming	Time 1 hour Distance 7.5km Type Run, Intervals Instructions Run Main set 2hrs at Ironman 70.3 pace	RACE DAY!	



Triathlon PLUS
YOUR
12-WEEK
PLAN

Advanced

IRONMAN 70.3

FOLLOW OUR GUIDE TO RUN YOUR BEST EVER HALF-IRONMAN

FOLD1

TRAINING NOTES

FOLD2

Scissors icon at top right.

12 horizontal lines for writing training notes.

	WEEK 01	WEEK 02
Mon	Rest day	Rest day
Tue	Time 1 hour Distance 2,000m Type Swim: Endurance Instructions W/U 300m choice swimming Main set 30x50m at Ironman 70.3 pace + 10secs rest W/D 200m easy swimming	Time 1 hour Distance 2,000m Type Swim: Endurance Instructions W/U 300m choice swimming Main set 15x100m alternating swim/pull at Ironman 70.3 pace + 15secs rest W/D 200m easy swimming
Wed	Time 1 hour 30 mins Distance 40km Type Cycle: Intervals Instructions W/U 20mins easy spinning Main set 3x(3mins build/2mins MAX/5mins easy/2mins build/3mins MAX/5mins easy) W/D 10mins easy spinning	Time 1 hour 30 mins Distance 40km Type Cycle: Intervals Instructions W/U 20mins easy spinning Main set 9x3mins hill reps at Ironman 70.3 pace. Alternate reps as 1) seated, 2) standing, 3) your choice. Ride downhill recovery. W/D 10mins easy spinning
Thur	Time 1 hour Distance 10km Type Run: Endurance Instructions W/U 10mins easy jogging Main set 3x(10mins at Ironman 70.3 pace/5mins easy jogging) W/D 5mins easy jogging/walking	Time 1 hour Distance 10km Type Run: Intervals Instructions W/U 10mins easy jogging Main set 3x(4x400m above Ironman 70.3 pace + 30secs rest) Take an extra 60secs between sets W/D 5mins easy jogging/walking
Fri	Time 1 hour Distance 3,000m Type Swim: Intervals Instructions W/U 5x200m as swim/pull/kick/pull/swim Main set 6x300m alt swim/pull/pull with paddles W/D 200m easy	Time 1 hour Distance 3,000m Type Swim: Intervals Instructions W/U 4x200m as 150m swim/50m kick on back Main set 20x100m + 20secs rest hard effort alternating swim/pull/IM/drill W/D 200m easy
Sat	Time 1 hour 30 mins Distance 40km Type Cycle: Endurance Instructions Main set 1hr 30mins at Ironman 70.3 pace	Time 2 hours Distance 35km Type Brick: Cycle to Run Instructions Cycle 60mins at Ironman 70.3 pace—try to complete on race bike, in racing position Run (off bike) Out for 30mins at Ironman 70.3 pace, then turn around and increase effort. Aim to return to the start point 2-3mins quicker
Sun	Time 1 hour Distance 10km Type Run: Intervals Instructions W/U 10mins easy jogging Main set 10x2min hill reps above Ironman 70.3 pace/jog downhill recovery W/D 10mins easy jogging/walking	Time 1 hour Distance 25km Type Cycle: Easy Instructions Easy spin for an hour, swing by your favorite café

	WEEK 03	WEEK 04
Mon	Rest day	Rest day
Tue	Time 1 hour Distance 2,000m Type Swim: Endurance Instructions W/U 300m choice swimming Main set 10x150m as 100m building pace/50m at Ironman 70.3 pace + 20secs rest W/D 200m easy swimming	Time 1 hour Distance 1500m Type Swim: Technical Instructions W/U 300m choice swimming Main set 10x100m as 25m drill/75m swim + 15secs W/D 200m easy swimming
Wed	Time 1 hour 30 mins Distance 40km Type Cycle: Intervals Instructions W/U 10mins easy spinning Main set 3x(20mins at Ironman 70.3 pace/5mins easy spinning.) Keep effort consistent despite changes in terrain W/D 5mins easy spinning	Rest day
Thur	Time 1 hour 15 mins Distance 12.5km Type Run: Endurance Instructions Steady state running at Ironman 70.3 pace on off-road terrain. Keep pacing even throughout	Time 30mins Distance 5km Type Run: Recovery Instructions 30mins steady state running. Focus on running tall, landing and driving off the ball of your foot
Fri	Time 1 hour Distance 3,000m Type Swim: Intervals Instructions W/U 3x200m as swim/pull/kick or drill Main set 6x100m swim build effort for last 25m. 2x300m swim/pull. 3x200m as swim/IM/pull. 6x100m as fast for 25m, then decrease effort over rest of rep. W/D 200m easy	Time 1 hour Distance 3,000m Type Swim: Intervals Instructions W/U 2x400m as swim/pull Main set 3x300m swim, 4x200m pull. 5x100m IM W/D 200m easy
Sat	Time 2 hours Distance 50km Type Cycle: Endurance Instructions Main set 2hrs on hilly terrain at 70.3 Ironman pace, build effort uphill to MAX	Time 2 hours Distance 50km Type Cycle: Easy Instructions Cycle Easy 2hrs spinning a high cadence. Swing by your favorite café
Sun	Time 1 hour Distance 10km Type Run: Intervals Instructions W/U 15mins easy jogging. Main set 4x(2mins build/2mins 10km pace/2mins 5km pace/2mins easy) W/D 15mins easy jogging/walking	Time 30mins Distance 5km Type Run: Recovery Instructions 30mins steady state running. Focus on running tall, landing and driving off the ball of your foot

TRAININGZONE

	WEEK 05	WEEK 06	WEEK 07	WEEK 08
Mon	Rest day	Rest day	Rest day	Rest day
Tue	Time 1 hour Distance 2,500m Type Swim: Endurance Instructions W/U 300m choice swimming Main set 10x 200m as 50m SPRINT /150m at Ironman 70.3 pace + 20secs rest W/D 200m easy swimming	Time 1 hour 20mins Distance 2,000m Type Swim: Endurance Instructions W/U 300m choice swimming Main set 15x 100m alternating swim/pull at Ironman 70.3 pace + 15secs rest W/D 200m easy swimming	Time 1 hour Distance 2,500m Type Swim: Endurance Instructions W/U 300m choice swimming Main set 5x 400m alternating swim/pull at Ironman 70.3 pace + 30secs W/D 200m easy swimming	Time 1 hour Distance 1,500m Type Swim: Technical Instructions W/U 300m choice swimming Main set 10x 100m as 25m drill/75m swim + 15secs W/D 200m easy swimming
Wed	Time 1 hour 30mins Distance 40km Type Cycle: Intervals Instructions W/U 10mins easy spinning Main set 4x [5mins build/5mins above Ironman 70.3 pace/5mins easy W/D 5mins easy spinning	Time 1 hour 30mins Distance 40km Type Cycle: Intervals Instructions W/U 15mins easy spinning Main set 8x 4min hill reps at Ironman 70.3 pace. Alternate reps 1) Overgearing <80rpm. 2) Undergearing >90rpm. Ride downhill recovery. W/D 5mins easy spin	Time 1 hour 30mins Distance 40km Type Cycle: Intervals Instructions W/U 20mins easy spinning Main set 2x 10mins steady 8mins Tempo 6mins at Ironman 70.3 pace 4mins hard 2mins MAX W/D 10mins easy spinning	Rest day
Thur	Time 1 hour 30mins Distance 15km Type Run: Endurance Instructions W/U 10mins easy jogging Main set 5x [4mins at Ironman 70.3 pace /4mins above Ironman 70.3 pace /4mins at Ironman 70.3 pace /2mins easy] W/D 5mins easy jogging / walking	Time 1 hour Distance 10km Type Run: Intervals Instructions W/U 10mins easy jogging Main set 3x [3x 400m above Ironman 70.3 pace. Then 800m holding same pace] 2mins recovery between sets. W/D 5mins easy jogging / walking	Time 1 hour 45mins Distance 17.5km Type Run: Endurance Instructions Steady state running at Ironman 70.3 pace on off road terrain. Keep pacing even throughout	Time 30mins Distance 5km Type Run: Recovery Instructions 30mins steady state running. Focus on running tall, landing and driving off the ball of your foot
Fri	Time 1 hour Distance 3,000m Type Swim: Intervals Instructions W/U 4x 200m as swim/pull / drill / kick Main set + 30sec rest throughout 100m swim, 200m IM, 300m pull, 400m swim, 400m pull, 300m swim, 200m choice stroke, 100m pull W/D 200m easy	Time 1 hour Distance 3,000m Type Swim: strength Instructions W/U 600m choice, 200m kick Main set 3x 300m as swim / swim with paddles / pull with paddles + 10secs rest, 2x 200m IM + 15secs rest, 3x 100m swim with band, 400m IM (head up fly) W/D 200m easy	Time 1 hour Distance 3,000m Type Swim: Intervals Instructions W/U 400m choice, 4x 50m drill Main set 2x [200m at 1.500m race pace, 4x 100m at 400m race pace, 4x 50m MAX effort + 30secs rest throughout] Kick set 6x 100m as 15m HARD / 35m steady W/D 200m easy	Time 45mins Distance 2,000m Type Swim, recovery. Instructions W/U 2,000m easy swimming working on technique
Sat	Time 2 hours 30mins Distance 60km Type Cycle, Endurance. Instructions Main set 2hrs 30mins at Ironman 70.3 pace	Time 3 hours Distance 35km Type Brick: Cycle to Run Instructions Cycle 1hr 45mins at Ironman 70.3 pace, on race bike, in racing position. Run (off bike) Out for 37mins at Ironman 70.3 pace, then turn around and increase effort. Return to the starting point 2-3mins quicker	Time 2 hours Distance 75km Type Cycle: Endurance Instructions Main set 3hrs on hilly terrain at 70.3 Ironman pace, build effort uphill to MAX	Time 2 hours Distance 50km Type Cycle: Easy Instructions 2hrs spinning a high cadence. Swing by your favourite café
Sun	Time 1 hour Distance 10km Type Run: Intervals Instructions W/U 10mins easy jogging Main set 8x 3min hill reps. Alternate reps 1) Ironman 70.3 pace, 2) Above Ironman 70.3 pace, jog down hill recovery W/D 5mins easy jogging / walking	Time 1 hour Distance 25km Type Cycle: Easy Instructions Easy spin for an hour, swing by your favourite café	Time 1 hour Distance 10km Type Run: Intervals Instructions W/U 15mins easy jogging Main set 3x [3mins build / 3mins 10km pace / 3mins 5km pace / 3mins easy] W/D 10mins easy jogging / walking	Time 30mins Distance 5km Type Run: Recovery Instructions 30mins steady state running. Focus on running tall, landing and driving off the ball of your foot

	WEEK 09	WEEK 10	WEEK 11	WEEK 12
Mon	Rest day	Rest day	Rest day	Rest day
Tue	Time 1 hour Distance 2,500m Type Swim: open water Instructions W/U 300m choice swimming Main set 4x 500m in your wetsuit at Ironman 70.3 pace + 60secs rest W/D 200m easy swimming	Time 1 hour Distance 2,000m Type Swim: open water Instructions W/U 300m choice Main set 2000m continuous swimming. Use this to gauge your pacing W/D 200m easy swimming	Time 1 hour Distance 2,000m Type Swim: Technical Instructions W/U 300m choice Main set 1,500m continuous swimming. Use this to gauge your pacing W/D 200m easy swimming	Time 1 hour Distance 1,000m Type Race Prep Instructions W/U 15mins as per pre race warm up Main set 4x 50m MAX efforts + 45secs rest, 200m at Ironman 70.3 pace + 45secs rest, 4x 50m MAX efforts + 45secs rest W/D 400m easy choice swimming
Wed	Time 1 hour 30mins Distance 40km Type Cycle: Intervals. Instructions W/U 20mins easy spinning Main set 60mins alternating 2mins above Ironman 70.3 pace / 1min easy spinning. W/D 10mins easy spinning	Time 1 hour 30mins Distance 40km Type Cycle: Intervals. Instructions W/U 20mins easy spinning. Main set 5x 5min hill reps. Build each rep in effort from steady at the bottom to MAX at the top. Ride downhill recovery. W/D 10mins easy spin	Time 1 hour Distance 25km Type Cycle: Intervals. Instructions Warm up 15mins easy spinning. Main set 3x [10mins above Ironman 70.3 pace / 3mins easy spinning. W/D 10mins easy spinning	Time 1 hour Distance 5km Type Run: Intervals. Instructions Warm up 15mins easy jogging Main set 4x 400m (building pace over reps 1-4) + 45secs rest, followed by 800m above Ironman 70.3 pace W/D 10mins easy jog
Thur	Time 2 hours Distance 10km Type Run, Endurance. Instructions W/U 15mins easy jogging. Main set 5x [5mins build / 10mins at Ironman 70.3 pace / 5mins easy] W/D 5mins easy jogging / walking	Time 1 hour Distance 10km Type Run: Intervals Instructions W/U 10mins easy jogging Main set 20x 400m at 5km race pace with 100m easy jog / walking between reps. W/D 5mins easy jogging	Time 1 hour 30mins Distance 15km Type Run: Endurance Instructions 1hr 30mins at Ironman 70.3 pace	Type Cycle: Easy Time 1 hour Distance 25km Instructions Easy soft pedaling for 60mins on race bike Type Swim: Easy Time 30mins Distance 1,000m Swim Easy 1,000m open-water swim at the race venue if possible
Fri	Time 1 hour Distance 2,700m Type Swim, strength. Instructions W/U 300m swim, 200m NOT fc, 300m pull, 200m kick Main set 5x 100m pull and paddles + 15secs rest, 5x 100m band only + 15secs rest, 5x 100m IM + 15secs rest W/D 200m easy	Time 1 hour Distance 3,000m Type Swim, Intervals Instructions W/U 5x 200m as swim/pull/IM/drill/kick Main set 4x 50m + 15secs rest, 4x 100m + 20secs rest, 4x 150m + 30secs rest, 4x 100m + 20secs rest, 4x 50m + 15secs rest W/D 200m easy	Time 1 hour Distance 2,700m Type Swim: strength Instructions W/U 4x 200m as swim/pull / kick / swim Main set 8x 50m (as build 1-4 hold 5-6 + 10secs), 5x 100m deep water start, 100m kick, 5x 100m pull with paddles, 100m kick, 5x 100m deep water start W/D 200m easy	Rest day
Sat	Time 2 hours Distance 80km Type Cycle, Endurance. Instructions Main set 3hrs at Ironman 70.3 pace. Break this up by alternating 15mins overgearing <80rpm/15mins undergearing >90rpm	Time 2 hours 30mins Distance 60km Type Brick, Cycle to Run. Instructions Cycle 1hr 30mins at Ironman 70.3 pace - try to complete on race bike, in racing position. Run (off bike): Out for 30mins at Ironman 70.3 pace, then turn around and increase effort. You should return to the starting point 2-3mins quicker	Time 2 hours Distance 50km Type Cycle: Endurance Instructions Main set 2hrs at Ironman 70.3 pace	Time 30mins Distance 5km Type Run: Easy Instructions Easy jogging for 15mins around transition / race area to familiarise yourself before tomorrow
Sun	Time 1 hour Distance 10km Type Run, Intervals. Instructions W/U 10mins easy jogging. Main set 6x 4min hill reps. Progressively build effort up each hill from steady at the bottom to MAX at the top. Jog easy back downhill for recovery W/D 5mins easy jogging	Time 1 hour Distance 25km Type Cycle, Easy. Instructions Easy spin for an hour, swing by your favourite café	Time 1 hour Distance 7.5km Type Run: Intervals Instructions W/U 10mins easy jogging. Main set 4x 400m + 45secs rest building pace over reps 1-4 (last rep should be 5km pace), followed by 800m at 5km pace W/D 10mins easy jogging	RACE DAY!