

The plan

RACE YOUR FIRST 70.3

MASTER MIDDLE DISTANCE WITH OUR FOOL-PROOF PLAN TO BUILD STRENGTH AND FITNESS

Meet the expert

Phil Mosley

Coaching editor of *Triathlon Plus* Mosley is an experienced coach and elite athlete with a sports degree from the University of Chichester



WHETHER YOU call it an Ironman 70.3 or a middle-distance triathlon, one thing is still true; the popularity of this distance is exploding. Turn the clock back five or six years, and there were only a handful of these races to choose from in the UK. These days the race calendar is bursting with great middle-distance events both here and abroad, so there's no excuse for not having a go.

Part of the reason for their popularity lies in their format: the 1.9km swim, 90km bike and 21km run plays into the hands of strong cyclists and runners. More importantly, it gives weak swimmers plenty of time to catch up any lost time.

It's also the first step into the world of long-distance racing, but one that doesn't have to take over your life. In fact, some people do middle-distance triathlons having only trained for Olympic distance and shorter, although I don't recommend this.

I've watched too many people suffer

to know that it's not a distance you can take lightly. That's why these training plans are challenging, but still achievable.

There are two plans here, one for time-poor athletes which takes up to 10 hours per week, and one for time-rich people that takes up to 13 hours per week. They'll both get you fit enough, so choose the one that suits your situation the best. But regardless of what the plan says, if you start losing your appetite, struggle to sleep, or become abnormally grumpy, you should take at least a couple of days rest.

Are these plans for you?

An Ironman 70.3 is a tough race, and so these training plans are no pushover. To start them you should already be able to:

- Swim 1,000m front crawl, non-stop
- Ride your bike for at least 90 minutes
- Run non-stop for an hour

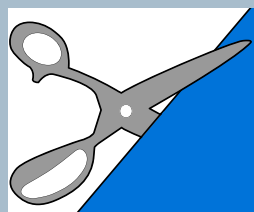
Three to race

- 1** TriGrandPrix UK, 22 May, Emberton Country Park, Buckinghamshire, England, www.trigrandprix.com
- 2** Ironman 70.3 Ireland, 4 September, Galway, Ireland, www.ironmanireland.com
- 3** Extrememan Menorca, 11 September, Fornells, Menorca, www.extreme-man.com

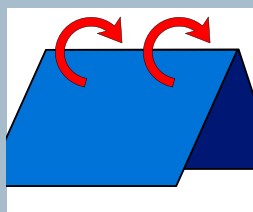


How it works

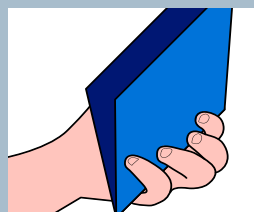
Get your guide ready to go



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



Triathlon
YOUR
12-WEEK
PLAN



7-10 hours per week

IRONMAN 70.3

THE PLAN FOR TIME-POOR TRIATHLETES

FOLD1

	WEEK 01	WEEK 02
Mon	Swim 1.6km WU (Z2): 100m fc, 100m pull, 50m kick, 100m fc, 50m back. Technique (Z1 to Z3): 200m kick as alternating 25m in Z3, 25m in Z1 +30secs. 200 as 25m fists, 25m fc +30secs. 200m kick as alternating 25m in Z3, 25m in Z1 +30secs. 200m as alternating 25m doggy paddle, 25m fc +30secs WD (Z1) 400 alternating back/fc	Swim 1.9km WU (Z2): 200m fc, 50m kick, 200m pull, 50m kick. Technique (Z2): 2x100m as (25m pull ankles, 25m fc, 25m pull ankles, 25m fc) +30secs. 2x100m as (25m fists, 25m fc, 25m fists, 25m fc) +30secs Main (Z2/Z3): 4x100m pull +30secs. 4x50m fc +10secs WD (Z1): 400m back/fc
Tue	Run 35mins 35mins in Z2 including 4x30sec hill sprints	Run 35mins 35mins in Z2 including 4x30sec hill sprints
Wed	Swim 1.6km WU (Z2): 200 fc bi, 50 kick, 50 breast, 200 fc, 50 kick, 50 back. Technique (Z2): 2x100m as (25 bi, 25m fc, 25m bi, 25m fc) +20secs Main (Z3): 4x100m fc +30secs WD (Z1): 400m fc	Swim 1.9km WU (Z2): 500m as (200m fc, 50m pull, 100m fc, 50m back, 100m fc) Technique (Z2): 200m kick alternating 25m on back, 25m kick on front. 400m as 8x (25m kick on front arms by side, 25m fc) Main (Z2/3): 400m kick as (25m Z3, 25m Z1) +30secs. 400m fc +30secs. 4x100m pull +30secs WD (Z1): 400m back/fc
Thur	Run 8 miles WU 2 miles Z1/2 Main 1 mile at top of Z3. 2 miles in Z2. 1 mile at top of Z3. WD 2 miles in Z2	Run 8 miles WU 2 miles Z1/2 Main 2 miles at top of Z3. 1 mile in Z2. 1 mile at top of Z3 WD 2 miles in Z2
Fri	Rest day	
Sat	Brick 2 hours 1hr 40mins road or mtb in Z2 into run 20mins in Z2	Brick 2 hours Bike-to-run session. 1hr 40mins road or mtb in Z2 into run 20mins in Z2
Sun	Bike 2hrs 15mins Recovery ride in Z2	Bike 2hrs 30mins Recovery ride in Z2

TRAINING ZONES

USING THESE training zones will help you train at the right intensity for each session. This helps you 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 observed 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.

For Ironman 70.3, your training should mainly be within Z1 to Z4.

ZONE 1 [Z1] Recovery

60 to 65% of max. Easy pace, feels nice and light

ZONE 2 [Z2] Steady

65 to 75% of max. 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 max. Fairly hard, but sustainable pace

ZONE 4 [Z4] Race tempo

80 to 90% of max. Hard pace, sustainable, but requires real focus

ZONE 5 [Z5] Red line

90% to 100% max. Very hard, requires real focus, not sustainable for long

KEY

MTB Off-road bike **FC** Front crawl **BACK** Backstroke **BREAST** Breaststroke **PULL** FC with pull-buoy float **PULL ANKLES** FC with pull-buoy between ankles **KICK** Kicking on front & holding float **FISTS** FC with closed fists **BI** Bilateral breathing (every 3 strokes) **WU** Warm up **WD** Warm down

STAY IN THE TRAINING ZONE WITH TRIATHLON PLUS

	WEEK 03	WEEK 04
Mon	Swim 2km WU (Z2): 800m as (400m fc, 200m pull, 100m kick, 100m fc) Technique (Z2): 8x50m as (1-2: head up, 3-4 pull, 5-6 fists, 7-8 fc) Main (Z2/3): 300m fc +20secs. 200m pull +10secs. 100m fc WD (Z1): 200m alternating fc/back/pull/fc	RECOVERY WEEK Swim 1.4km WU (Z2): 200m fc, 50m kick, 200m pull, 50m kick Technique (Z2): 2x100m as (25m pull ankles, 25m fc, 25m pull ankles, 25m fc) +30secs. 2x100m as (25m fists, 25m fc, 25m fists, 25m fc) +30secs Main (Z2/Z3): 4x100m pull +30secs. 4x50 fc +10secs WD (Z1): 400m back/fc
Tue	Run 35mins 35mins in Z2 including 6x30sec hill sprints	Rest day
Wed	Swim 2km WU (Z2): 600m as 2x (100m fc, 100m pull, 100m kick). Technique (Z2): 2x300m as (50m fists, 50m pull, 50m head up, 50m fc, 50m pull ankles, 50m fc) +30secs Main (Z2/3): 4x100m as (50 fc, 50m pull) WD (Z1): 400m as (8x50m alternating kick/fc).	Swim 2km WU (Z2): 200m fc, 200m kick, 200m pull, 100m fc. Technique (Z2): 400m as (50m fists, 100m fc, 50m pull, 100m fc, 50m head up, 100m fc, 50m doggy paddle, 100m fc) +30secs Main (Z2): 400m fc, 200m pull, 100 fc WD (Z1): 200m fc
Thur	Run 8 miles WU 2 miles Z1/2 Main 4 miles at top of Z3 WD 2 miles in Z2	Run 30mins 10mins in Z2, 10mins at top of Z3, 10mins in Z2
Fri	Rest day	
Sat	Brick 2hrs Bike-to-run session. 1hr 40mins road or mtb in Z2 into run 20mins in Z2	Brick 1hr 20mins Bike-to-run session. 1 hour road or mtb in Z2 into run 20mins in Z2
Sun	Bike 2hrs 45mins Long ride in Z2	Bike 1hr 30mins (Z2) Steady bike, road or MTB

TRAININGZONE

IRONMAN 70.3 TIME-POOR PLAN

	WEEK 05	WEEK 06	WEEK 07	WEEK 08
Mon	Swim 1.9km WU (Z2): 200m fc, 200m pull, 100m fc Technique (Z1 to Z3): 400m kick as alternating 25m in Z3, 25m in Z1 +30secs, 400m as 25m fists, 25m fc +30secs Main (Z3): 8x50 pull +20secs WD (Z1) 200m as alternating back/fc	Swim 2.2km WU (Z2): 600m as (200m fc, 100m kick, 200m pull, 100m kick) Technique (Z2): 2x100m as (25m pull ankles, 25m fc, 25m pull ankles, 25m fc) +30secs. 2x100m as (25m fists, 25m fc, 25m fists, 25m fc) +30secs Main (Z2/Z3): 400m fc +30secs. 4x100m pull +30secs. 4x50m fc +10secs WD (Z1): 400m back/fc	Swim 2.4km WU (Z2): 600m as 2x (100m fc, 100m pull, 100m kick) Technique (Z2): 2x300m as (50m fists, 50m pull, 50m head up, 50m fc, 50m pull ankles, 50m fc) +30secs. Main (Z2/Z3): 8x100m as (50m fc, 50m pull) WD (Z1): 400m as (8x50m alternating kick/fc)	RECOVERY WEEK Swim 1.4km WU (Z2): 200m pull, 200m fc. Main (Z2): 400m alternating 25m kick, 50m fc. Technique (Z2): 400m alternating 25m pull, 25m breathe every 3 strokes WD (Z1): 200m alternating back/breast
Tue	Run 40mins 40mins in Z2 including 6x30sec hill sprints	Run 40mins 40mins in Z2 including 8x30sec hill sprints	Run 40mins 40mins in Z2 including 10x30sec hill sprints	Run 30mins Easy run in Z2
Wed	Swim 2km WU (Z2): 800m as (200m fc bi, 100m kick, 100m breast, 200m fc, 100m kick, 100m fc) Technique (Z2): 2x200m as (50 bi, 50m fc, 50m bi, 50m fc) +20secs. Main (Z3): 400m pull, breathe every 3, 5, 7 strokes +30secs WD (Z1): 400m pull	Swim 2.3km WU (Z2): 500m as (200 fc, 50 pull, 100 fc, 50 back, 100 fc) Technique (Z2): 200m kick alternating 25m on back, 25m kick on front. 400m as 8x (25m kick on front arms by side, 25m fc) Main (Z2/Z3): 4x200m pull +30secs WD (Z1) 400m back/fc	Swim 1.5km Z1 recovery swim. Mix it up, with different strokes, pull buoy, kick float and any other swim toys you have	Swim 2km WU (Z2): 200m fc, 200m kick, 200m pull, 100m fc Technique (Z2) 400m as (50m fists, 100m fc, 50m pull, 100 fc, 50 head up, 100 fc, 50 doggy paddle, 100 fc) +30secs Main (Z2): 400m fc, 200m pull, 100m fc WD (Z1): 200m fc
Thur	Run 9 miles WU 3 miles Z1/2 Main 2x2 miles at top of Z3 (with 3 mins jog recovery) WD 2 miles in Z2	Run 10 miles WU 3 miles Z1/2 Main 2x2 miles at top of Z3 (with 3 mins jog recovery) WD 3 miles in Z2	Run 11 miles WU 4 miles Z1/2 Main 2x2 miles at top of Z3 (with 3 mins jog recovery) WD 3 miles in Z2	Run 30mins 10mins in Z2, 10mins at top of Z3, 10mins in Z2
Fri	Rest day		Rest day	
Sat	Brick 2hrs Bike 1hr 40mins in Z2 including 2x15mins at top of Z3, straight into run 15mins at top of Z3, 5mins jog in Z1 or Z2	Brick 3hrs Bike 1hr 40mins in Z2 including 3x9mins at top of Z3, straight into run 15mins at top of Z3, 5mins jog in Z1 or Z2	Brick 2hrs Bike 1hr 40mins in Z2 including 30mins at top of Z3, straight into run 15mins at top of Z3, 5mins jog in Z1 or Z2	Brick 1hr 20mins 1 hour road or mtb in Z2 into run 20 mins in Z2
Sun	Bike 2hrs 45mins Long ride in Z2	Bike 3hrs Long ride in Z2	Bike 3hrs Long ride in Z2	Bike 1hr 30mins Steady bike, road or MTB
	WEEK 09	WEEK 10	WEEK 11	WEEK 12
Mon	Swim 2.3km WU (Z2): 400m fc, 200m pull, 100m fc Technique (Z1 to Z3): 400m kick as alternating 25m in Z3, 25m in Z1 +30secs, 400m as 25m fists, 25m fc +30secs Main (Z3): 8x50 pull +20secs WD (Z1) 400m as alternating back/fc	Swim 2.2km WU (Z2): 800m as (200 fc, 200 kick, 200 pull, 200 kick) Technique (Z2): 2x100m as (25m pull ankles, 25m fc, 25m pull ankles, 25m fc) +30secs. 4x100m as (25m fists, 25m fc, 25m fists, 25m fc) +30secs Main (Z2/Z3): 4x100m pull +30secs. 4x50 fc +10secs WD (Z1): 400m back/fc	Swim 1.6km WU (Z2): 600m as (200m fc, 200m pull, 100m kick, 100m fc) Main (Z2/Z3): 300m fc +20secs. 200m pull +10secs. 100m fc. WD (Z1): 400m alternating fc/back/pull/fc	Swim 1.4km WU (Z2): 200m pull, 200m fc Main (Z2): 400m alternating 25m kick, 50m fc Technique (Z2): 400m alternating 25m pull, 25m breathe every 3 strokes WD (Z1): 200m alternating back/breast
Tue	Run 40mins 40mins in Z2	Run 40mins 40mins in Z2	Run 40mins 40mins in Z2	Bike 1hr Recovery ride in Z2
Wed	Swim 2.6km WU (Z2): 800m as (200m fc bi, 100m kick, 100m breast, 200m fc, 100m kick, 100m fc) Technique (Z2): 3x200m as (50m bi, 50m fc, 50m bi, 50m fc) +20secs Main (Z3): 2x200m fc +30secs. 400m pull, breathe every 3, 5, 7 strokes +30secs WD (Z1): 400m pull	Swim 2.2km WU (Z2): 800m as (200m fc, 200m pull, 200m back, 200m fc). Technique (Z2): 200m kick alternating 25m on back, 25m kick on front WD (Z1): 400m back/fc	Swim 1.7km WU (Z2): 300m as (100m fc, 100m pull, 100m kick) + 45secs Technique (Z2): 300m as (50m fists, 50m pull, 50m head up, 50m fc, 50m pull ankles, 50m fc) +30secs Main (Z2/Z3): 8x100m as (50 fc, 50 pull) WD (Z1): 300m as (6x50m alternating kick/fc)	Swim 1.3km WU Open water swim or pool: (Z2): 200m fc, 200m kick, 200m pull, 100m fc Technique (Z2): 400m as (50m fists, 100m fc, 50m pull, 100m fc, 50m head up, 100m fc, 50m doggy paddle, 100m fc) +30secs WD (Z1): 200m fc
Thur	Run 12 miles WU 4 miles Z1/2 Main 2x2 miles at top of Z3 (with 3 mins jog recovery) WD 4 miles in Z2	Run 13 miles WU 5 miles Z1/2 Main 2x2 miles at top of Z3 (with 3 mins jog recovery) WD 4 miles in Z2	Run 40mins 40mins in Z2	Run 30mins 10mins in Z2, 10mins at top of Z3, 10mins in Z2
Fri	Rest day		Rest day	
Sat	Brick 2hrs Bike 1hr 40mins in Z2 including 6x3mins in Z4, straight into run 15mins at top of Z3, 5mins jog in Z1 or Z2	Brick 2hrs Bike 1hr 40mins in Z2 including 3x6mins in Z4, straight into run 15mins at top of Z3, 5mins jog in Z1 or Z2	Brick 30mins WU Run 10mins in Z2 Main Bike 10mins at top of Z3, straight into Run 5mins at top of Z3 WD 5mins bike in Z2	Bike 20mins Easy ride, to make sure bike is working OK
Sun	AM Bike 3hrs Long ride in Z2 PM Swim 30mins Open-water swim in Z2	AM Bike 3hrs Long ride in Z2 PM Swim 30mins Open-water swim in Z2. With others if possible. Practise swimming in a close group	AM Bike 1hr 30mins Recovery ride in Z2 PM Swim 30mins Open water swim in Z2. With others if possible. Practise mid-water race starts, in a close bunch.	Race day

Triathlon PLUS YOUR 12-WEEK PLAN



9-13 hours per week

IRONMAN 70.3

THE PLAN FOR TIME-RICH TRIATHLETES

FOLD1

	WEEK 01	WEEK 02
Mon	AM Run 40mins Easy run in Z2 PM Swim 2.4km WU(Z2): 100m pull, 50m kick, 100m fc, 50m back. Technique (Z1 to Z3): 200m kick alternating 25m in Z3, 25m in Z1 +30secs. 200m as 25m fists, 25m fc +30secs. 200m kick alternating 25m in Z3, 25m in Z1 +30secs. 200m alternating 25m doggy paddle, 25m fc +30secs Main (Z3): 2x200m fc +45secs. 8x50 pull +20secs WD (Z1): 400m back/fc	AM Run 40mins Easy run in Z2 PM Swim 2.4km WU(Z2): 200m fc, 50m kick, 200m pull, 50m kick Technique (Z2): 2x100m as (25m pull ankles, 25m fc, 25m pull ankles, 25m fc) +30secs. 2x100m as (25m fists, 25m fc, 25m fists, 25m fc) +30secs Main (Z2/Z3): 2x200m fc +30secs. 4x100m pull +30secs. 4x50 fc +10secs WD (Z1): 400m back/fc
Tue	Bike 1 hour WU 15mins Z2 Main 3x9mins at top of Z3 (even effort) with 90sec soft pedaling rests WD 15mins Z2	Bike 1 hour WU 15mins Z2 Main 2x15mins at top of Z3 (even effort) with 3mins soft pedaling rest between WD 12mins Z2
Wed	AM Run 40mins Easy run in Z2 with 4x30secs hill sprints PM Swim 2.4km WU(Z2): 200m fc, 50m kick, 50m breast, 200m fc, 50m kick, 50m back Technique (Z2): 2x100m as (25m bi, 25m fc, 25m bi, 25m fc) +20secs Main (Z3): 4x100m pull +30secs. 400m fc, breathe every 3, 5, 7 strokes +30secs. 4x100m fc +30secs WD (Z1): 400m fc	AM Run 40mins Easy run in Z2. Include 6x30secs hill sprints PM Swim 2.3km WU(Z2): 500m as (200m fc, 50m pull, 100m fc, 50m back, 100m fc) Technique (Z2): 200m kick alternating 25m on back, 25m kick on front. 400m as (25m kick on front, 25m fc Main (Z2/Z3): 400m kick as (25m Z3, 25m Z1) +30secs. 400m fc +30secs. 4x100m pull +30secs WD (Z1): 400m back/fc
Thur	AM Run 10 miles WU 2x1 mile at top of Z3 with 2mins jog rest. 2 miles in Z2. 2x1 mile at top of Z3 with 2mins jog rest. 2 miles in Z2 PM Swim 1.5km Z1, recovery swim. Mix it up, with different strokes, pull buoy, kick float and any other swim toys you have	AM Run 10 miles WU 2 miles Z1/2. 2x1 mile at top of Z3 with 2mins jog rest. 2 miles in Z2. 2x1 mile at top of Z3 with 2mins jog rest. 2 miles in Z2 PM Swim 1.5km Z1, recovery swim. Mix it up, with different strokes, pull buoy, kick float and any other swim toys you have
Fri	Rest day	
Sat	Brick 3hrs 2hr 40mins road or mtb in Z2 into run 20mins in Z2	Brick 3hrs 2hr 40mins road or mtb in Z2 into run 20mins in Z2
Sun	Bike 2hrs Recovery ride in Z2	Bike 2hrs 15mins Recovery ride in Z2

TRAINING ZONES

USING THESE training zones will help you train at the right intensity for each session. This helps you 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 observed 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.

For Ironman 70.3, your training should mainly be within Z1 to Z4.

ZONE 1 [Z1] Recovery

60 to 65% of max. Easy pace, feels nice and light

ZONE 2 [Z2] Steady

65 to 75% of max. 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 max. Fairly hard, but sustainable pace

ZONE 4 [Z4] Race tempo

80 to 90% of max. Hard pace, sustainable, but requires real focus

ZONE 5 [Z5] Red line

90% to 100% max. Very hard, requires real focus, not sustainable for long

KEY

MTB Off-road bike **FC** Front crawl **BACK** Backstroke **BREAST** Breaststroke **PULL** FC with pull-buoy float **PULL ANKLES** FC with pull-buoy between ankles **KICK** Kicking on front & holding float **FISTS** FC with closed fists **BI** Bilateral breathing (every 3 strokes) **WU** Warm up **WD** Warm down

STAY IN THE TRAINING ZONE WITH TRIATHLON PLUS

	WEEK 03	WEEK 04
Mon	AM Run 40mins Easy run in Z2 PM Swim 2.4km WU(Z2): 800m as (400m fc, 200m pull, 100m kick, 100m fc) Technique (Z2): 8x50m as (1-2: head up, 3-4: pull, 5-6: fists, 7-8: fc). Main (Z2/Z3): 400m pull +30secs. 300m fc +20secs. 200m pull +10secs. 100m fc WD (Z1): 200m alternating fc/back/pull/fc	RECOVERY WEEK AM Swim 2.4m WU(Z2): 200m pull, 200m fc Main (Z2): 400m alternating 25m kick, 50m fc Technique (Z2): 400m alternating 25m pull, 25m breathe every 3 strokes WD (Z1): 200m alternating back/breast
Tue	Bike 1 hour WU 15mins Z2 Main 10, 9, 8mins at top of Z3 (even effort) with 90secs soft pedaling rest between WD 12mins Z2	Rest day
Wed	AM Run 40mins Easy run in Z2. Include 8x30secs hill sprints PM Swim 2.4km WU(Z2): 600m as 2x(100m fc, 100m pull, 100m kick). Technique (Z2): 2x300m as (50 fists, 50 pull, 50m head up, 50m fc, 50m pull ankles, 50m fc) +30secs Main (Z2/Z3): 8x100m as (50m fc, 50m pull) WD (Z1): 400m as (8x50m alternating kick/fc)	Swim 2km WU(Z2): 200m fc, 200m kick, 200m pull, 100m fc Technique (Z2): 400m as (50m fists, 100m fc, 50m pull, 100m fc, 50m head up, 100m fc, 50m doggy paddle, 100m fc) +30secs Main (Z2): 400m fc, 200m pull, 100m fc WD (Z1): 200m fc
Thur	AM Run 10 miles WU 2 miles Z1 Main 2x1 mile at top of Z3 with 2mins jog rest. 2 miles in Z2. 2x1 mile at top of Z3 with 2mins jog rest. 2 miles in Z2 AM Swim 1.5km Z1, recovery swim. Mix it up, with different strokes, pull buoy, kick float and any other swim toys you have	AM Run 30mins 10mins in Z2, 10mins at top of zone 3, 10mins in Z2
Fri	Rest day	
Sat	TYPE Brick 3hrs 2hr 40mins road or mtb in Z2 into run 20 mins in Z2	Brick 1hr 20mins 1 hour road or mtb in Z2 into run 20mins in Z2
Sun	Bike 2hrs 30mins Recovery ride in Z2	Bike 1hr 30mins Steady bike, road or MTB in Z2

TRAININGZONE

IRONMAN 70.3 TIME-RICH PLAN

	WEEK 05	WEEK 06	WEEK 07	WEEK 08
Mon	AM Run 50mins Easy run in Z2 PM Swim 2.4km WU (Z2): 200m fc, 200m pull, 100m fc Technique (Z1 to Z3): 400m kick alternating 25m in Z3, 25m in Z1 +30secs. 400m as 25m fists, 25m fc +30secs Main (Z3): 2x400 fc +45secs. 8x50 pull + 20secs WD (Z1) 200m as alternating back/fc.	AM Run 50mins Easy run in Z2 PM Swim 2.6km WU (Z2): 600m as (200m fc, 100m kick, 200m pull, 100m kick) Technique (Z2): 2x100m as (25m pull ankles, 25m fc, 25m pull ankles, 25m fc) +30secs. 2x100m as (25m fists, 25m fc, 25m fists, 25m fc) +30secs Main (Z2/Z3): 2x400m fc +30secs. 4x100m pull +30secs. 4x50 fc +10secs WD (Z1): 400m back/fc	AM Run 40mins Easy run in Z2 PM Swim 2.4km WU (Z2): 600m as 2x(100m fc, 100m pull, 100m kick) Technique (Z2): 2x300m as (50m fists, 50m pull, 50m head up, 50m fc, 50m pull ankles, 50m fc) +30secs Main (Z2/Z3): 8x100m as (50m fc, 50m pull) WD (Z1): 400m as (8x50m alternating kick/fc)	RECOVERY WEEK Swim 1.4km WU (Z2): 200m pull, 200m fc Main (Z2): 400m alternating 25m kick, 50m fc. Technique (Z2): 400m alternating 25m pull, 25m breathe every 3 strokes WD (Z1): 200m alternating back/breast
Tue	Brick 45mins Double Brick. Set up a mini transition, with a gym bike or indoor trainer WU Run 10mins in Z2 Main 2x (bike 9mins at top of Z3, straight into run 5mins at top of Z3) + 3mins rest WD 10mins bike in Z2	Brick 50mins Double brick WU Run 10mins in Z2 Main 2x (bike 10mins at top of Z3, straight into run 6mins at top of Z3) + 3mins rest WD 10mins bike in Z2	Brick 50mins Double brick WU Run 10mins in Z2 Main : 2x (bike 8mins at top of Z3, straight into run 4mins at top of Z3) + 3mins rest WD 10mins bike in Z2	Run 30mins Easyrun in Z2
Wed	AM Run 50mins Easy run in Z2 incl 10x30sec hill sprints PM Swim 2.8km WU (Z2): 800m as (200m fc, 100m fc, 100m breast, 200m fc, 100m kick, 100m fc) Technique (Z2): 2x200m as (50m bi, 50m fc, 50m bi, 50m fc) +20secs Main (Z3): 4x200m fc +30secs. 400m pull, breathe every 3, 5, 7 strokes +30secs WD (Z1): 400m pull	AM Run 50mins Z2 incl 10x30sec hill sprints PM Swim 2.7km WU (Z2): 500m (200m fc, 50m pull, 100m fc, 50m back, 100m fc) Technique (Z2): 200m kick (25m on back, 25m on front), 400m as 8x(25 kick on front arms by side, 25 fc) Main (Z2/Z3): 400m kick as (25m Z3, 25m Z1) +30secs. 4x200m pull +30secs WD (Z1): 400m back/fc	AM Run 40mins Easy run in Z2 PM Swim 1.5km Z1 , recovery swim. Mix it up, with different strokes, pull buoy, kick float and any other swim toys you have	AM Swim 2km WU (Z2): 200m fc, 200m kick, 200m pull, 100m fc Technique (Z2): 400m as (50m fists, 100m fc, 50m pull, 100m fc, 50m head up, 100m fc, 50m doggy paddle, 100 fc) +30secs Main (Z2): 400m fc, 200m pull, 100m fc WD (Z1): 200m fc
Thur	AM Run 12 miles WU 3 miles Z1/2 Main 2 miles at top of Z3. 2 miles in Z2. 2 miles at top of Z3 WD 3 miles in Z2 PM Swim 1.5km Z1 , recovery swim. Mix it up, with different strokes, pull buoy, kick float and any other swim toys you have	AM Run 12 miles WU 2 miles Z1/2 Main 3 miles at top of Z3. 2 miles in Z2. 3 miles at top of Z3 WD 2 miles in Z2	AM Run 12 miles WU 2 miles Z1/2 Main 3 miles at top of Z3. 2 miles in Z2. 3 miles at top of Z3 WD 2 miles in Z2	AM Run 30mins 10mins in Z2, 10mins at top of Z3, 10mins in Z2
Fri	Rest day		Rest day	
Sat	Bike 3hrs Race pace reps: 1 hour in Z2. 30mins at top of Z3. 30mins in Z2. 30mins at top of Z3. 45mins in Z2	Bike 3hrs 30mins Race pace reps: 1 hour in Z2. 30mins at top of Z3. 30mins in Z2. 30mins at top of Z3. 1 hour in Z2	AM Bike 3hrs 30mins Race pace reps: 1 hour in Z2. 30mins at top of Z3. 30mins in Z2. 30mins at top of Z3. 1 hour in Z2	AM Brick 1hr 20mins 1 hour road or mtb in Z2 into run 20mins in Z2
Sun	Bike 2hrs 30mins Recovery ride in Z2	AM Bike 2hrs Easy recovery ride in Z2 PM Swim 30mins Open-water swim in Z2	AM Bike 2hrs Recovery ride in Z2 PM Swim 30mins Open-water swim in Z2	AM Bike 1hr 30mins Steady bike, road or MTB
Mon	AM Run 40mins Easy run in Z2 PM Swim 3.1km WU (Z2): 400m fc, 200m pull, 100m fc Technique (Z1 to Z3): 400m kick alternating 25m in Z3, 25m in Z1 +30secs. 400m as 25m fists, 25m fc +30secs Main (Z3): 2x400m fc +45secs. 8x50m pull + 20secs WD (Z1) 400m alternating back/fc.	AM Run 40mins Easy run in Z2 PM Swim 3km WU (Z2): 800m as (200m fc, 200m kick, 200m pull, 200m kick) Technique (Z2): 2x100m as (25m pull ankles, 25m fc, 25m pull ankles, 25m fc) +30secs. 4x100m as (25m fists, 25m fc, 25m fists, 25m fc) +30secs Main (Z2/Z3): 2x400m fc +30secs. 4x100m pull +30secs. 4x50 fc +10secs WD (Z1): 400m back/fc	AM Run 30mins Easy run in Z2 PM Swim 2km WU (Z2): 600m as (200m fc, 200m pull, 100m fc) Main (Z2/Z3): 400m pull +30secs. 300m fc +20secs. 200m pull +10secs. 100m fc. WD (Z1): 400m alternating fc/back/pull/fc	Swim 1.4km WU (Z2): 200m pull, 200m fc. Main (Z2): 400m alternating 25m kick, 50m fc. Technique (Z2): 400m alternating 25m pull, 25m breathe every 3 strokes WD (Z1): 200m alternating back/breast
Tue	Brick 50mins Triple brick WU Run 10mins in Z2 Main 3x (bike 5mins at top of Z3, straight into run 3mins at top of Z3) + 3mins rest WD 10mins bike in Z2	Brick 45mins Triple brick WU Run 10mins in Z2 Main 3x (bike 4mins at top of Z3, straight into run 3mins at top of Z3) + 3mins rest WD 10mins bike in Z2	Brick 30mins WU Run 10mins in Z2 Main Bike 10mins at top of Z3, straight into run 5mins at top of Z3 WD 5mins bike in Z2	Bike 1 hour Recovery ride in Z2
Wed	AM Run 40mins Easy run in Z2 PM Swim 3km WU (Z2): 800m as (200m fc, 100m kick, 100m breast, 200m fc, 100m fc) Technique (Z2): 3x200m as (50m bi, 50m fc, 50m bi, 50m fc) +20secs Main (Z3): 4x200m fc +30secs. 400m pull, breathe every 3, 5, 7 stroke +30secs WD (Z1): 400m pull	AM Run 40mins Easy run in Z2 PM Swim 3km WU (Z2): 800m as (200m fc, 200m pull, 200m back, 200m fc) Technique (Z2): 200m kick alternating 25m on back, 25m kick on front. 400m as 8x(25 kick on front arms by side, 25m fc) Main (Z2/Z3): 400m kick as (25m Z3, 25m Z1) +30secs. 4x200m pull +30secs WD (Z1): 400m back/fc	AM Run 30mins Easy run in Z2 PM Swim 2km WU (Z2): 300m as (100m fc, 100m pull, 100m kick) + 45secs Technique (Z2): 2x300m as (50m fists, 50m pull, 50m head up, 50m fc, 50m pull ankles, 50m fc) +30secs Main (Z2/Z3): 8x100m as (50m fc, 50m pull) WD (Z1): 300m as (5x50m alternating kick/fc)	Swim 1.3km Open-water swim or pool WU (Z2): 200m fc, 200m kick, 200m pull, 100m fc Technique (Z2): 400m as (50m fists, 100m fc, 50m pull, 100m fc, 50m head up, 100m fc, 50m doggy paddle, 100m fc) +30secs WD (Z1): 200m fc
Thur	Run 12 miles WU 2 miles Z1/2 Main 3 miles at top of Z3. 2 miles in Z2. 3 miles at top of Z3 WD 2 miles in Z2	Run 12 miles WU 2 miles Z1/2 Main 3 miles at top of Z3. 2 miles in Z2. 3 miles at top of Z3. WD 2 miles in Z2	Run 40mins Easy run in Z2. Include 4x30sec hill sprints, thinking about your form	Run 30mins 10mins in Z2, 10mins at top of Z3, 10mins in Z2
Fri	Rest day		Rest day	
Sat	Bike 3hrs 30mins Race pace reps: 1 hour in Z2. 30mins at top of Z3. 30mins in Z2. 30mins at top of Z3. 1 hour in Z2	Bike 3hrs 30mins Race pace reps: 1 hour in Z2. 30mins at top of Z3. 30mins in Z2. 30mins at top of Z3. 1 hour in Z2	Bike 1hr 45mins 45mins Z2. 15mins at top of Z3. 45mins in Z2	Bike 20mins Easy ride, to make sure bike is working OK
Sun	AM Bike 2hrs Recovery ride in Z2 PM Swim 40mins Open water swim in Z2	AM Bike 2hrs Recovery ride in Z2 PM Swim 45mins Open-water swim in Z2. With others if possible. Practise swimming in a close group	AM Bike 1hr 45mins Recovery ride in Z2 PM Swim 30mins Open-water swim in Z2. With others if possible. Practise mid-water race starts, in a close bunch	Race day