

## The plan

# 12 WEEKS TO IRONMAN

TEST YOUR METTLE IN THIS INFAMOUS ENDURANCE RACE WITH OUR EXPERT PLANS

## Meet the expert

**Phil Mosley**

Coaching editor of *Triathlon Plus* Mosley has coached dozens of triathletes to Ironman success



**IRONMAN IS the ultimate test of triathlon endurance, and with 12 weeks left there's no room for messing about. It's time to knuckle down, or it'll be a very long day out. Thankfully these plans are designed to get you fit and race ready without taking over your life. They follow on from the Ironman Foundation plan we published in *Triathlon Plus* Issue 23. Don't worry if you didn't see it, because as long as you've trained consistently over the last 12 weeks, there's no reason why you can't start now.**

There are two plans to choose from here, one for the 'time poor' which takes up to 13 hours per week, and one for 'time rich' which takes anything up to 16 hours. They're by no means easy – after all you'll be racing a 3.8km swim, 112-mile bike ride and 26.2-mile run, but the sessions do progress over time, so it doesn't all come at once. You'll need to spend a big chunk of your weekends training, so it's a good idea to run it past your

family and friends first. Then stick a copy of your training plan onto the fridge so everyone can see it.

The longest run I've set is two hours. I know you'll be out for longer on race day, but keeping it lower enables you to train consistently, rather than breaking down with injury and fatigue. After all, it's what you do regularly in training that counts, not what you do once or twice. I've read that multiple Ironman World Champ Dave Scott never ran further than 13 miles in training either, and it didn't do him any harm. Finally, regardless of what the plan says, if you start losing your appetite, struggle to sleep or become abnormally grumpy take at least a couple of days rest.

## Coach's Tips

- Train in your race kit when possible
- Train using the same nutrition you plan to use on race day
- Train on your race-day bike when possible

## Are these plans for you?

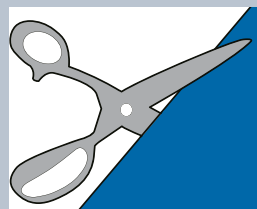
To start these Ironman training plans you should already be able to:

- Swim 2,500m front crawl, non-stop
- Ride your bike for at least 3 hours
- Run non-stop for 90 minutes

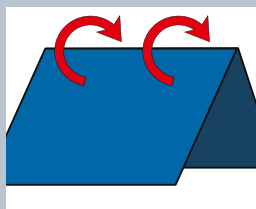


## How it works

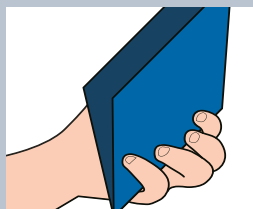
Get your guide ready to go



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



**Triathlon PLUS**  
**YOUR**  
**12-WEEK**  
**PLAN**



**13 hours per week**

# IRONMAN

**FOLLOW THIS PLAN TO GET IRONMAN RACE READY IN LESS THAN 13 HOURS PER WEEK**

FOLD1

## TRAINING ZONES

**USING THESE** Training Zones will help you train at the right intensity for each session. This helps 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 also help track your training progress, but they're not essential for these plans.

These training zones are only a guide, so don't worry about being overly precise with heart rates because they'll fluctuate anyway. It's good to be mindful of your intensity but it's even more important that you get out there and enjoy your training.

**ZONE 1: Recovery**

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

**ZONE 2: 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: Tempo**

75% to 80% of max. Fairly hard but sustainable pace.

**ZONE 4: Race Tempo**

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

**KEY**

**WU** Warm up **WD** Warm down **MAIN** Main set **FC** Front crawl **PULL** Front crawl using a pull float **RI** Rest interval **BUILD** Swim each 25m slightly faster than the previous **K** Kick **NS** Negative split (swim the second half of a rep faster than the first) **REC** Recovery **DESC** Descending (swim each rep faster than the one before) **BI** Bilateral (breathe every third stroke) **BREAST** Breaststroke **BACK** Backstroke

**STAY IN THE TRAINING ZONE WITH TRIATHLON PLUS**

### WEEK 01

### WEEK 02

<b>Mon</b>	<b>Swim 2,550m</b> WU Z2: 200m FC, 2x200m (50m FC, 100m K, 50m FC (20secs RI)) <b>MAIN</b> Z2: 300m, 200m, 100m (20sec RI) 200m, 100m, 50m NS (25sec RI), 200m in Z4 (30sec RI), 100m in Z4 (30sec RI), 6x100m PULL (25sec RI) <b>WD</b> Z1: 100m FC	<b>Swim 2,600m</b> WU Z2: 6x75m (20secs RI) <b>MAIN</b> Z2: 2x200m (20secs RI), 100m in Z3, (20secs RI), 2x200m (25secs RI), 100m in Z3 (25secs RI), 2x300m (30sec RI), 100m in Z3 <b>WD</b> Z1: 6x75m (50m FC, 25m BACK) (20secs RI)
<b>Tue</b>	Run 40mins in Z2	Run 40mins in Z2
<b>Wed</b>	<b>Swim 2,500m</b> WU Z2: 400m FC <b>MAIN</b> Z2: 8x50m BUILD (20secs RI), 400m in Z3 (15secs RI), 2x200m in Z4 (15secs RI), 400m in Z3 (15secs RI), 4x100m in Z4 (15secs RI) <b>WD</b> Z1: 100m FC	<b>Swim 2,550m</b> WU Z2: 2x150m FC, 100m K, 50m FC <b>MAIN</b> Z3: 4x(50m PULL (15secs RI), 50m REC (15secs RI), 100m BUILD (15secs RI)), 2x600m NS (30secs RI) <b>WD</b> Z1: 100m FC or BACK
<b>Thur</b>	Run 90mins in Z2 on hard ground	Run 1hour45mins in Z2 on hard ground
<b>Fri</b>	<b>Rest day</b>	
<b>Sat</b>	<b>Brick 3hours 45mins</b> Ride 3hours 30mins in Z2, straight into Run 15 mins in Z2	<b>Brick 4hours 15mins</b> Ride 4hours in Z2, straight into Run 15 mins in Z2
<b>Sun</b>	<b>Bike 2hours</b> recovery ride in Z2, with optional café stop	<b>Bike 2hours</b> recovery ride in Z2, with optional café stop

### WEEK 03

### WEEK 04

<b>Mon</b>	<b>Swim 2,500m</b> WU Z2: 300m FC, 200m K <b>MAIN</b> Z2: 4x200m as 150m FC, 50m K (30secs RI), 600m PULL (60secs RI), 8x50m DESC (20secs RI) <b>WD</b> Z1: 200m FC	<b>RECOVERY WEEK</b> <b>Swim 1500m</b> WU Z1: 500m FC <b>MAIN</b> Z2: 500m mixed strokes <b>WD</b> Z1: 500m FC
<b>Tue</b>	Run 40mins in Z2	Run 30mins in Z2
<b>Wed</b>	<b>Swim 2,700m</b> WU Z2: 300m FC, 200m K, 100m FC, 200m K <b>MAIN</b> Z2: 3x(200m PULL (30secs RI), 3x100m FC DESC 1-3 (15sec RI)), 300m FC <b>WD</b> Z1: 100m FC	<b>Swim 1500m</b> WU 500m <b>MAIN</b> 800m at approx Ironman race pace <b>WD</b> 200m
<b>Thur</b>	Run 90mins in Z2 on hard ground	Run 30mins WU 13 mins in Z2 <b>MAIN</b> 2x3mins at top of Z3+60secs RI <b>WD</b> 10mins in Z2
<b>Fri</b>	<b>Rest day</b>	
<b>Sat</b>	<b>Brick 4hours</b> Ride 3hours 45mins in Z2, straight into Run 15 mins in Z2	<b>Brick 2hours</b> Ride 1hours 40mins in Z2, straight into Run 20 mins in Z2
<b>Sun</b>	<b>Bike 2hours</b> recovery ride in Z2, with optional café stop	<b>Bike 90mins</b> recovery ride in Z2

## WEEK 05

## WEEK 06

**Mon**

**Swim 2,800m**  
**WU** Z2: 2x200m FC, 4x50m K (15secs RI) **MAIN** Z2: 2x300m (20secs RI), 4x25m BACK (15secs RI), 2x250m K (20secs RI), 4x25m BREAST (15secs RI) 2x200m fast (15secs RI), 200m K **WD** Z1: 200m FC

**Tue**

Run 40mins in Z2

**Wed**

**Swim 2,700m**  
**WU** Z2: 4x300mas (100m FC, 100m K, 100m BI) **MAIN** Z2: 8x50 BUILD, 3x (150m, 100m, 50m FC) with the following rests: 1st round (15sec, 10sec, 5sec), 2nd round (20sec, 15sec, 10sec), 3rd round (25sec, 20sec, 15sec) **WD** Z1: 200 FC

**Thur**

Run 2hours in Z2 on hard ground

**Fri**

**Rest day**

**Sat**

**Brick 4hours 30mins**  
 Ride 4hours 15mins in Z2, straight into Run 15mins in Z2

**Sun**

**Bike 2hours**  
 recovery ride in Z2, with optional café stop

**FOLD2**

**Mon**

## WEEK 07

## WEEK 08

**Swim 3,100m**  
**WU** Z2: 300m FC, 300m K (20secs RI) **MAIN** Z2: 4x150m (10secs RI), 200m Kin Z4: 4x150m (15secs RI), 200m Kin Z3: 4x150m (30secs RI), 200m Kin Z2 **WD** Z1: 100m FC

**Tue**

Run 40mins in Z2

**Wed**

**Swim 1500m**  
**WU** Z1: 500m FC **MAIN** Z2: 500m mixed strokes **WD** Z1: 500m FC

**Thur**

Run 2hours in Z2 on hard ground

**Fri**

**Rest day**

**Sat**

**Brick 4hours 45mins**  
 Ride 4hours 30mins in Z2, straight into Run 15mins in Z2

**Sun**

**Bike 2hours**  
 recovery ride in Z2, with optional café stop

## RECOVERY WEEK

**Swim 1500m**  
**WU** Z1: 500m FC **MAIN** Z2: 500m mixed strokes **WD** Z1: 500m FC

**Tue**

Run 30mins in Z2

**Wed**

**Swim 1,600m**  
**MAIN** DESC 500s 1 to 3 **WD** Z1: 100m FC

**Thur**

Run 30mins **WU** 13 mins in Z2 **MAIN** 2x3min at top of Z3+60secs rest **WD** 10mins in Z2

**Fri**

**Sat**

Run 20mins  
 Recovery run in Z2, including 4x30secs accelerating to 10km race pace

**Sun**

**AM Bike 1hour 30mins** recovery ride in Z2  
**PM Swim open water** 30mins in Z2

**FOLD1**

## WEEK 09

## WEEK 10

**Mon**

**Swim 2,900m**  
**WU** Z2: 300m FC, 200m K, 100m FC, 200m K **MAIN** 4x250mas (100m Z3, 50m Z4, 100m Z3 (30secs RI), 4x150mas (50m Z3, 50m Z4, 50m Z3 (20secs RI)), 4x100mas (25m Z3, 50m Z4, 25m Z3 (15secs RI)). **WD** Z1: 100 FC

**Tue**

Run 40mins in Z2

**Wed**

**Swim 3,800m**  
 steady state at approx Ironman race pace

**Thur**

Run 2hours in Z2 on hard ground

**Fri**

**Rest day**

**Sat**

**Brick 4hours**  
 Ride 3hours 45mins in Z2, straight into Run 15mins in Z2

**Sun**

**AM Bike 2hours**  
 recovery ride in Z2, with optional café stop  
**PM Swim open water** 30mins in Z2

**Mon**

**Swim 2,300m**  
**WU** Z2: 6x75m (20secs RI) **MAIN** Z2: 1x500m (20secs RI), 1x400m (20secs RI), 1x300m (20secs RI), 1x200m (15secs RI). **WD** Z1: 6x75m (50m FC, 25m BACK)

**Tue**

Run 40mins in Z2

**Wed**

**Swim 1.6km**  
**MAIN** DESC 500s 1 to 3 **WD** Z1: 100m FC

**Thur**

Run 40mins in Z2

**Fri**

**Rest day**

**Sat**

**Brick 2hours**  
 Ride 1hour 45mins in Z2, straight into Run 15mins in Z2

**Sun**

**AM Bike 90mins**  
 recovery ride in Z2, with optional café stop  
**PM Swim open water** 30mins in Z2

## WEEK 12

## RACE WEEK

**Swim 1500m**  
**WU** Z2: 500m FC **MAIN** Z3: 500m FC **WD** Z1: 500m mixed strokes (FC, BREAST, BACK)

**Tue**

**Rest day**

**Wed**

Ride 1hour in Z2

**Thur**

Run 30mins in Z2

**Fri**

**Bike 15mins**  
 in Z2, to check your bike is working ok

**Sat**

**Swim 15 to 20mins**  
 open water in Z2

**Sun**

**RACE DAY**



**Triathlon PLUS**  
**YOUR**  
**12-WEEK**  
**PLAN**

**16 hours per week**

# IRONMAN

PEAK FOR AN IRONMAN WITH THIS TRAINING PLAN, WHICH TAKES UP TO 16 HOURS PER WEEK

FOLD1

## WEEK 01

## WEEK 02

Day	WEEK 01	WEEK 02
Mon	<b>AM Swim 2,550m.</b> WU Z2: 200m FC, 2x200m (50m FC, 100m K, 50m FC (20secs RI)) <b>MAIN</b> Z2: 300m, 200m, 100m (20secs RI), 200m, 100m, 50m NS (25secs RI), 300m in Z4 (30secs RI), 6x100m PULL (25secs RI) <b>WD</b> Z1: 100m FC <b>PM Run 40mins</b> in Z2	<b>AM Swim 2,600m</b> WU Z2: 6x75m (20secs RI) <b>MAIN</b> Z2: 2x200m (20secs RI), 100m in Z3 (20secs RI), 400m, 100m in Z3 (25secs RI), 2x300m (30secs RI), 100m in Z3 <b>WD</b> Z1: 6x75m (50m FC, 25m BACK) (20secs RI) <b>PM Run 40mins</b> in Z2
Tue	<b>Swim 2,000m</b> steady state at approx Ironman race pace	<b>Swim 2,000m</b> steady state at approx Ironman pace
Wed	<b>AM Swim 2,500m</b> WU Z2: 400m FC <b>MAIN</b> Z2: 8x50m BUILD (20secs RI), 400m in Z3 (15secs RI), 2x200m in Z4 (15secs RI), 400m in Z3 (15secs RI), 4x100m in Z4 (15secs RI) <b>WD</b> Z1: 100m FC <b>PM Run 1hour 30mins</b> in Z2, including 3x5mins efforts at top of Z3	<b>AM Swim 2,550m</b> WU Z2: 2x150m FC, 100m K, 50m FC <b>MAIN</b> Z3: 4x150m PULL (15secs RI), 50m REC (15secs RI), 100m BUILD (15secs RI) 2x600m NS (30secs RI) <b>WD</b> Z1: 100m FC/BACK <b>PM Run 1hour 45mins</b> in Z2 including 4x5mins at top of Z3
Thur	<b>Bike 1hour 30mins</b> in Z2	<b>AM Run 30mins</b> 30mins recovery run in Z2 <b>PM Bike 1hour 30mins</b> Recovery ride in Z2
Fri	<b>Rest day</b>	
Sat	<b>Brick 3hours 45mins</b> Ride 3hours 30mins in Z2 (including 2x20min efforts at top of Z3), straight into Run 15mins in Z2	<b>Brick 4hours 15mins</b> Ride 4hours in Z2 (including 4x15min efforts at top of Z3), straight into Run 15mins in Z2
Sun	<b>Bike 2hours</b> recovery ride in Z2, with optional café stop	<b>Bike 2hours</b> recovery ride in Z2, with optional café stop

## TRAINING ZONES

**USING THESE** Training Zones will help you train at the right intensity for each session. This helps 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 also help track your training progress, but they're not essential for these plans.

These training zones are only a guide, so don't worry about being overly-precise with heart rates because they'll fluctuate anyway. It's good to be mindful of your intensity but it's even more important that you get out there and enjoy your training.

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

### ZONE 2: 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: Tempo

75% to 80% of max. Fairly hard but sustainable pace.

### ZONE 4: Race tempo

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

### KEY

**WU** Warm up **WD** Warm down **MAIN** Main set **FC** Front crawl **PULL** Frontcrawl using a pull float **RI** Rest interval **BUILD** Swim each 25m slightly faster than the previous **K** Kick **NS** Negative split (swim the second half of a rep faster than the first) **REC** Recovery **DESC** Descending (swim each rep faster than the one before) **BI** Bilateral (breathe every third stroke) **BREAST** Breaststroke **BACK** Backstroke

## STAY IN THE TRAINING ZONE WITH TRIATHLON PLUS

## WEEK 03

## WEEK 04

Day	WEEK 03	WEEK 04
Mon	<b>AM Swim 2,500m</b> WU Z2: 300m FC, 200m K <b>MAIN</b> Z2: 4x200m as (150m FC, 50m K) (30secs RI), 600m PULL (60secs RI), 8x50m DESC (20secs RI) <b>WD</b> Z1: 200m FC <b>PM Run 40mins</b> in Z2	<b>RECOVERY WEEK</b> <b>Swim 1500m</b> WU Z1: 500m FC <b>MAIN</b> Z2: 500m mixed strokes <b>WD</b> Z1: 500m FC
Tue	<b>Swim 2,000m</b> steady state at approx Ironman race pace	<b>Run 30mins</b> in Z2
Wed	<b>AM Swim 2,700m</b> WU Z2: 300m FC, 200m K, 100m FC, 200m K <b>MAIN</b> Z2: 3x [200m PULL (30secs RI), 3x100m FC DESC 1-3 (15secs RI)], 300m FC <b>WD</b> Z1: 100m FC <b>PM Run 1hour 30mins</b> in Z2, including 4x5mins efforts at top of Z3	<b>Swim 1500m</b> steady state at approx Ironman race pace
Thur	<b>Bike 1hour 45mins</b> in Z2	<b>Run 30mins</b> WU 13mins in Z2 <b>MAIN</b> 2x3min at top of Z3 + 60secs rest <b>WD</b> 10mins in Z2
Fri	<b>Rest day</b>	
Sat	<b>Brick 4hours</b> Ride 3hours 45mins in Z2 (including 5x10min efforts at top of Z3), straight into Run 15mins in Z2	<b>Brick 2hours</b> Ride 1hour 40mins in Z2, straight into Run 20mins in Z2
Sun	<b>Bike 2hours</b> recovery ride in Z2, with optional café stop	<b>Bike 1hour 30mins</b> recovery ride in Z2

## WEEK 05

## WEEK 06

FOLD2

Mon

**AM Swim 2,800m** WU Z2: 2x200m FC, 4x50m K (15secs RI) **MAIN Z2:** 2x300m in Z2 (20secs RI), 4x25m BACK (15secs RI), 2x250m Kin Z3 (20secs RI), 4x25m BREAST (15sec RI), 2x200m in Z4 (15secs RI), 200m K. **WD Z1:** 200m FC **PM Run 40mins** in Z2

**AM Swim 3,000m** WU Z2: 6x75m FC (20secs RI) **MAIN Z2:** 2x200m (20secs RI), 1x100m in Z3, 2x300m (30secs RI), 1x100m in Z3, 2x400m (40secs RI), 1x100m in Z3. **WD Z1:** 6x75m (50m FC, 25m BACK) (20sec RI) **PM Run 40mins** in Z2

Tue

**Swim 2,500m**  
steady state at approx Ironman race pace

**Swim 2,500m**  
steady state at approx Ironman race pace

Wed

**AM Swim 2,700m** WU Z2: 4x300mas (100m FC, 100m K, 100m B) **MAIN Z2:** 8x50m BUILD. 3x (150m, 100m, 50m FC) with the following rests: [1st set (15secs, 10secs, 5secs), 2nd set (20secs, 15secs, 10secs), 3rd set (25secs, 20secs, 15secs)] **WD Z1:** 200m FC **PM Run 2hours** in Z2

**AM Swim 2,500m** WU Z2: 300m FC, 300m K **MAIN Z2:** 6x150m PULL (DESC 1-6) (20sec RI), 6x100m PULL (DESC 1-6) (15secs RI), 6x50m PULL (DESC 1-6) (10secs RI). **WD Z1:** 100m FC **PM Run 2hours** in Z2, including 4x5mins efforts at top of Z3

Thur

**Bike 1hour 30mins** in Z2

**Bike 1hour 30mins** in Z2

Fri

**Rest day**

Sat

**Brick 4hours 30mins**  
Ride 4hours 15mins in Z2 (including 2x20min efforts at top of Z3), straight into Run 15mins in Z2

**Brick 5hours**  
Ride 4hours 45mins in Z2 (including 2x20min efforts at top of Z3), straight into Run 15mins in Z2

Sun

**Bike 2hours**  
recovery ride in Z2, with optional café stop

**Bike 2hours**  
recovery ride in Z2, with optional café stop

FOLD1

## WEEK 09

## WEEK 10

Mon

**AM Swim 2,900m.** WU Z2: 300m FC, 200m K, 100m FC, 200m K **MAIN Z2:** 4x250mas (100m in Z3, 50min Z4, 100m in Z3 (30secs RI)) 4x150m as [50m Z3, 50m Z4, 50m Z3 (20secs RI)], 4x100mas [25m Z3, 50m Z4, 25m Z3 (15secs RI)] **WD Z1:** 100m FC **PM Run 40mins** in Z2

**Swim 3,000m** WU Z2: 400m FC, 300m PULL, 200m K **MAIN Z2:** 1x400m (20secs RI), 2x200 (15secs RI), 1x400m (20secs RI) 2x200m (15secs RI) **WD Z1:** 100m FC

Tue

**Swim 3,800m**  
steady state at approx Ironman pace

**Run 40mins** in Z2

Wed

**Run 1hour 45mins**  
in Z2, including 4x5mins efforts at top of Z3

**Swim 2,100m**  
DESC 500s 1 to 4  
**WD Z1:** 100m FC

Thur

**Bike 1hour 30mins** in Z2

**Run 1hour**  
in Z2, including 4x3mins efforts at top of Z3

Fri

**Rest day**

Sat

**Brick 4hours**  
Ride 3hours 45mins in Z2 (including 3x10min efforts at top of Z3), straight into Run 15mins in Z2

**Brick 2hours 45mins.** Ride 2hours 30mins in Z2 (including a 10min effort at top of Z3), straight into Run 15mins in Z2

Sun

**AM Bike 2hours**  
recovery ride in Z2, with optional café stop  
**PM Swim open water**  
30mins in Z2

**AM Bike 2hours**  
recovery ride in Z2, with optional café stop  
**PM Swim open water**  
30mins in Z2

## WEEK 07

## WEEK 08



Mon

**AM Swim 3,100m** WU Z2: 300m FC, 300m K (20secs RI) **MAIN Z2:** 4x150m (10secs RI), 200 K in Z4, 4x150m (15secs RI), 200m K in Z3, 4x150m (30secs RI), 200m K in Z2. **WD Z1:** 100m FC **PM Run 40mins** in Z2

## RECOVERY WEEK

**Swim 1500m**  
WU Z1: 500m FC **MAIN Z2:** 500m mixed strokes **WD Z1:** 500m FC

Tue

**Swim 2,500m**  
steady state at approx Ironman race pace

**Run 30mins** in Z2

Wed

**AM Swim 2,700m** WU Z2: 300m FC, 200 K (20secs RI) **MAIN Z2:** 4x150m (10secs RI), 200 K in Z4, 4x150m (15secs RI), 200m K in Z3, 4x150m (30secs RI), 200m K in Z2. **WD Z1:** 100m FC **PM Run 2hours** in Z2, including 4x5mins efforts at top of Z3

**Swim 1,600m**  
DESC 500s 1 to 3  
**WD Z1:** 100m FC

Thur

**Bike 1hour 30mins** in Z2

**Run 30mins**  
WU 13mins in Z2 **MAIN Z2:** 2x3min at top of Z3+60secs rest **WD 10mins** in Z2

Fri

**Rest day**

Sat

**Brick 4hours 45mins**  
Ride 4hours 30mins in Z2 (including 5x10min efforts at top of Z3), straight into Run 15mins in Z2

**Brick 2hours**  
Ride 1hours 40mins in Z2, straight into Run 20mins in Z2

Sun

**Bike 2hours**  
recovery ride in Z2, with optional café stop

**Bike 2hours**  
recovery ride in Z2, with optional café stop

## WEEK 11

## WEEK 12

Mon

**Swim 2,300m** WU Z2: 6x75m (20secs RI) **MAIN Z2:** 1x500m (20secs RI) 1x400m (20secs RI), 1x300m (20secs RI) 1x200m (15secs RI) **WD Z1:** 6x75m (50m FC, 25 BACK)

## RACE WEEK

**Swim 1500m**  
WU Z2: 500m FC **MAIN Z3:** 500m FC **WU Z1:** 500m mixed strokes (FC, BREAST, BACK)

Tue

**Run 40mins** in Z2

**Rest day**

Wed

**Swim 1500m**  
DESC 500s 1 to 3

**Ride 1hour** in Z2

Thur

**Run 40mins**  
in Z2 including 3x3mins efforts at top of Z3

**Run 30mins** in Z2

Fri

**Rest day**

**Ride 20mins**  
in Z2 to check your bike over

Sat

**Brick 1hour 45mins**  
Ride 1hour 30in Z2 (including a 10min effort at top of Z3), straight into Run 15mins in Z2

**Swim 15 to 20mins**  
open water in Z2

Sun

**AM Bike 1hour 30mins**  
recovery ride in Z2  
**PM Swim open water**  
30mins in Z2

**RACE DAY**