

6 Month Half Ironman Training Plan

HALF IRONMAN TRAINING PLAN

20 WEEK EDITION

MONTHLY HANDBOOK

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	8 x 2 Min Run/ 1 Min Walk	Easy Cycle 20 Min	10 x 25m Swim (30s Rests)	Rest Day	4 x 5 Min Run/ 2 Min Walk	10 x 50m Swim (45s Rests)	Rest Day
2	1 x 8 Min Run/ 2 Min Walk	Easy Cycle 30 Min	5 x 100m Swim (60s Rests)	Rest Day	2 Mile Run (Walking Breaks as Needed)	Swim 10 Mins (Non Stop)	Rest Day
3	3 Mile Run (Zone 2-3)	Easy Cycle 45 Min	10 x 50m Zone 4 Swim (60s Rests)	Rest Day	3.5 Mile Run (Non Stop)	Cycle 10 x 2 Min (Zone 4)/ 1 Min Recovery	Rest Day
4	Easy Run 4 Miles + 4 x 75m Strides	Easy Cycle 50 Min	Easy Swim 20 Mins (Non Stop)	Rest Day	3 Mile Run with 10 x 1 Min (Zone 4)/ 1 Min Easy Jog	Brick 15 Min Swim + 45 Min Cycle (Zone 3)	Rest Day
5	Easy Run 4.5 Miles + 4 x 75m Strides	Easy Cycle 60 Min	2 x 300m Zone 3 Swim (90s Rests)	Rest Day	Easy Swim 20 Mins (Non Stop)	Brick 30 Min Cycle + 15 Min Run	Rest Day
6	Easy Run 5 Miles + 4 x 75m Strides	Easy Cycle 70 Min	3 x 400m Zone 3 Swim (90s Rests)	Rest Day	1000m Zone 2 Swim	Swim 500m + Cycle 10 Miles + Run 2 Miles	Rest Day
7	Easy Run 5.5 Miles + 4 x 75m Strides	Easy Cycle 75 Min	4 x 400m Zone 3 Swim (90s Rests)	Rest Day	Brick 45 Min Cycle (Zone 2) + 15 Min Run (Zone 3)	Cycle 5 x 3 Min (Zone 4)/ 1 Min Recovery	Rest Day
8	Easy Run 6 Miles + 4 x 75m Strides	40 Min Cycle (Zone 2)	20 Min Zone 2 Swim	Rest Day	20 Min Easy Run or Cycle	Race Simulation: Sprint Triathlon Distances	Rest Day
9	Easy Run 5 Miles + 4 x 75m Strides	15 Mile Cycle (Zone 2-3)	6 x 200m Zone 3 Swim (90s Rests)	Rest Day	Easy Cycle 18 Miles	Easy Swim 800m + 4 x 25m Sprints	Rest Day
10	Easy Run 7 Miles + 4 x 75m Strides	Easy Cycle 20 Miles	3 x 500m Zone 3 Swim (90s Rests) + 4 x 25m Sprints	Rest Day	Brick 60 Min Cycle (Zone 2) + 30 Min Run (Zone 3)	25 Min Cycle (Tempo Pace)	Rest Day
11	Easy Run 8 Miles + 4 x 75m Strides	25 Mile Cycle (Zone 2) with 2 x 20 Min (Zone 3)	Easy Swim 1000m + 4 x 25m Sprints	Rest Day	6 Mile Run with 2 x 10 Min (Tempo Pace)/90s Recovery	8 x 200m Zone 3-4 Swim (60s Rests)	Rest Day
12	Easy Run 8 Miles + 4 x 75m Strides	30 Mile Cycle with 10 x 3 Min (Zone 4)/ 1 Min Recovery	Easy Swim 1200m + 4 x 25m Sprints	Rest Day	Easy Cycle 20 Mins	Swim 1200m + Cycle 25 Miles + Run 5 Miles	Rest Day
13	5 Mile Run with 10 x 90s (Zone 4)/ 60s Recovery	75 Min Cycle (Zone 2) with 2 x 20 Min (Zone 3)	1500m Zone 2 Swim	Rest Day	Run 10 Miles + 4 x 75m Strides	Swim 5 x 300m (Zone 4) + 4 x 25m Sprints	Rest Day
14	Easy Run 10 Miles + 4 x 75m Strides	35 Mile Cycle with 10 x 3 Min (Zone 4)/ 1 Min Recovery	5 x 400m Zone 3 Swim (90s Rests)	Rest Day	1500m Zone 2 Swim	Easy Cycle 25 Miles	Rest Day
15	Easy Run 12 Miles + 4 x 75m Strides	40 Mile Cycle with 10 x 3 Min (Zone 4)/ 1 Min Recovery	4 x 500m Zone 3 Swim (90s Rests)	Rest Day	5 Mile Run with 10 x 90s (Zone 4)/ 1 Min Recovery	Brick 1200m Swim + 20 Mile Cycle	Rest Day
16	Easy Run 8 Miles + 4 x 75m Strides	60 Min Cycle with 10 x 3 Min (Zone 4)/ 1 Min Recovery	30 Min Zone 2 Swim	Rest Day	20 Min Easy Run or Cycle	Run Half Marathon	Rest Day
17	Easy Run 5.5 Miles + 4 x 75m Strides	45 Mile Cycle with 10 x 3 Min (Zone 4)/ 1 Min Recovery	1800m Zone 2 Swim	Rest Day	60 Min Cycle with 3 x 10 Min (Tempo Pace)/2 Min Recovery	Swim 6 x 300m (Zone 3) + 4 x 25m Sprints	Rest Day
18	Easy Run 12 Miles + 4 x 75m Strides	75 Min Cycle (Zone 2) with 2 x 20 Min (Zone 3)	4 x 500m Zone 3 Swim (90s Rests)	Rest Day	2000m Zone 2 Swim	Easy Cycle 60 Miles	Rest Day
19	Easy Run 10 Miles + 4 x 75m Strides	60 Min Cycle with 10 x 3 Min (Zone 4)/ 1 Min Recovery	2 x 1000m Zone 3 Swim (90s Rests)	Rest Day	6 Mile Run with 12 x 45s (Zone 4)/ 1 Min Recovery	Brick 1500m Swim + 30 Mile Cycle	Rest Day
20	Easy Run 6 Miles + 4 x 75m Strides	50 Min Cycle (Zone 2)	30 Min Zone 2 Swim	Rest Day	20 Min Easy Run or Cycle	Race Day!	

- Warm-Ups and Cool-Downs:** On all but the easiest workouts, make sure you warm up and cool down with 5 minutes of gentle exercise to keep yourself in tip-top condition and reduce the risk of injury.
- Rest Days:** No structured exercise. Focus on rest and recovery (stretching, foam rolling, taking it easy).
- Easy Runs:** Run at a conversational pace to aid recovery from harder workouts.
- Run/Walk Intervals:** Alternate between running and walking for the allotted time indicated for each workout.
- Strength Training:** In addition to the training plan as written, it's also a good idea to strength train twice a week.
- Threshold/Tempo Runs:** During the Threshold or tempo intervals, run at a pace you would be able to sustain for one hour.
- Brick Workouts:** A workout consisting of at least two different disciplines performed one immediately after the other.

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MARATHON HANDBOOK

6 month half ironman training plan is an essential roadmap for athletes aspiring to complete this challenging triathlon distance. The half Ironman, also known as the 70.3, consists of a 1.2-mile swim, a 56-mile bike ride, and a 13.1-mile run. Training for such an event requires dedication, proper planning, and a well-structured program to ensure success. This article will guide you through creating a comprehensive 6-month training plan, covering essential training phases, tips, and strategies to enhance your performance.

Understanding the Half Ironman

Before diving into the training plan, it's crucial to understand the demands of a half Ironman. This event tests not only your physical endurance but also your mental strength. Here are the key components of the race:

- **Swim:** A 1.2-mile swim typically in open water, which requires you to be comfortable and proficient in swimming.
- **Bike:** A 56-mile bike ride that demands endurance and the ability to maintain a steady pace over several hours.
- **Run:** A 13.1-mile run, which is often the most challenging segment after the fatigue from swimming and biking.

Understanding these segments will help you tailor your training to address the unique needs of each discipline.

Setting Your Training Goals

Establishing clear goals is vital for your training success. Consider the following when setting your goals for a 6-month half Ironman training plan:

- **Finish Time:** Set a realistic finish time based on your current fitness level and experience.
- **Performance Improvement:** Identify areas where you want to improve, such as swimming pace or cycling endurance.
- **Consistency:** Aim for consistency in your training schedule to build fitness progressively.

Training Phases

A structured training plan typically consists of several phases. Here's a breakdown of the 6-month training plan:

1. Base Phase (Weeks 1-8)

The primary focus of the base phase is to build endurance and establish a solid aerobic foundation.

- Swimming: Aim for 2-3 sessions per week, focusing on technique and distance.
- Cycling: 2-3 rides per week, gradually increasing your distance.
- Running: 2-3 runs per week, incorporating both easy runs and a longer run on the weekends.

Sample Weekly Structure:

- Monday: Rest or active recovery
- Tuesday: Swim (30-45 min) + Bike (1 hour)
- Wednesday: Run (30 min easy pace)
- Thursday: Swim (45 min) + Bike (1.5 hours)
- Friday: Rest
- Saturday: Long bike ride (2-3 hours)
- Sunday: Long run (1-2 hours)

2. Build Phase (Weeks 9-16)

The build phase aims to increase the intensity of your workouts while maintaining volume. This is where you start integrating race-specific training.

- Swimming: Introduce interval training to improve speed.
- Cycling: Start incorporating hill workouts and tempo rides.
- Running: Implement speed workouts and brick sessions (bike followed by a run).

Sample Weekly Structure:

- Monday: Rest or active recovery
- Tuesday: Swim (1 hour with intervals) + Bike (1 hour with hills)
- Wednesday: Run (45 min with intervals)
- Thursday: Swim (45 min) + Bike (2 hours steady pace)
- Friday: Rest
- Saturday: Long bike ride (3 hours) + Short run (20-30 min)
- Sunday: Long run (1.5-2 hours)

3. Peak Phase (Weeks 17-20)

During the peak phase, you'll focus on race simulation. This is when you should be at your highest training volume and intensity.

- Swimming: Continue with interval training, focusing on race pace.
- Cycling: Long rides should mimic race conditions, including nutrition strategies.
- Running: Long runs should include race pace segments.

Sample Weekly Structure:

- Monday: Rest or active recovery
- Tuesday: Swim (1 hour with race pace intervals) + Bike (2 hours with tempo segments)
- Wednesday: Run (1 hour with race pace segments)
- Thursday: Swim (1 hour) + Bike (3 hours steady pace)
- Friday: Rest
- Saturday: Long bike ride (4 hours) + Brick run (30-45 min)

- Sunday: Long run (2-2.5 hours)

4. Taper Phase (Weeks 21-24)

The taper phase is crucial for recovery and preparing your body for race day. This involves reducing your training volume while maintaining intensity.

- Swimming: Shorter swims focusing on technique.
- Cycling: Maintain intensity but reduce overall mileage.
- Running: Shorter runs to keep your legs fresh.

Sample Weekly Structure:

- Monday: Rest or active recovery
- Tuesday: Swim (30-45 min with short intervals) + Bike (1 hour easy)
- Wednesday: Run (30 min easy)
- Thursday: Swim (30 min) + Bike (1 hour with a few race pace efforts)
- Friday: Rest
- Saturday: Short bike ride (1 hour) + Brick run (20 min)
- Sunday: Run (30-45 min easy)

Nutrition and Hydration Strategies

Proper nutrition and hydration play a vital role in your training and performance. Here are some tips:

- **Daily Nutrition:** Focus on a balanced diet rich in carbohydrates, proteins, and healthy fats.
- **Pre-Workout Fuel:** Consume easily digestible carbs before workouts.
- **During Workouts:** Hydrate and consider energy gels or bars for longer sessions.
- **Post-Workout Recovery:** Prioritize protein and carbohydrates to aid recovery.

Conclusion

A well-structured **6 month half Ironman training plan** is crucial for success in this demanding race. By following a phased approach, setting realistic goals, and focusing on nutrition, you can prepare effectively for your half Ironman. Remember, consistency is key, and listening to your body will help you avoid injuries while ensuring you are race-ready. Embrace the challenge, and enjoy the journey toward your half Ironman finish line!

Frequently Asked Questions

What is a 6 month half Ironman training plan?

A 6 month half Ironman training plan is a structured workout schedule designed to prepare an athlete for completing a half Ironman triathlon, which consists of a 1.2-mile swim, a 56-mile bike ride, and a 13.1-mile run.

What is the recommended weekly training volume for a 6 month half Ironman plan?

The recommended weekly training volume typically starts around 8-10 hours and gradually increases to 12-15 hours per week, depending on the athlete's fitness level and experience.

How should I structure my training weeks in a 6 month half Ironman plan?

A typical training week might include 3 swim sessions, 3 bike rides, and 3 runs, with one day for rest or active recovery. Many plans also incorporate strength training and flexibility work.

What are key workouts to include in a 6 month half Ironman training plan?

Key workouts should include long swims, long bike rides, brick workouts (bike followed by a run), interval training for speed, and endurance runs to build stamina.

How can I prevent injury during my 6 month half Ironman training?

To prevent injury, it's important to incorporate rest days, listen to your body, gradually increase training volume, and include cross-training and strength workouts to balance muscle development.

What nutrition strategies should I follow during my 6 month training?

Nutrition strategies should focus on a balanced diet rich in carbohydrates, proteins, and healthy fats, along with proper hydration. It's also essential to practice race-day nutrition during long training sessions.

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