

Half Ironman Triathlon Training Plans

HALF IRONMAN TRAINING PLAN

20 WEEK EDITION

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

Half Ironman triathlon training plans are essential for athletes looking to tackle the challenging yet rewarding 70.3-mile race. This endurance event combines a 1.2-mile swim, a 56-mile bike ride, and a 13.1-mile run, demanding a well-rounded fitness approach. Whether you are a novice triathlete or a seasoned athlete seeking to improve your performance, having a structured training plan is crucial. In this article, we'll explore various aspects of Half Ironman training plans, including fundamental

elements, sample schedules, and tips for success.

Understanding the Half Ironman Format

Before diving into training plans, it's essential to understand the components of a Half Ironman. The race includes:

- **Swim:** 1.2 miles (1.9 km)
- **Bike:** 56 miles (90 km)
- **Run:** 13.1 miles (21.1 km)

These distances require different skill sets and training approaches. Transitioning from one discipline to another adds another layer of complexity, making preparation imperative.

Key Components of a Half Ironman Training Plan

A successful training plan for a Half Ironman consists of several key components that ensure you are well-prepared for race day.

1. Base Training

Base training is the foundation of endurance sports. It typically lasts several weeks and focuses on

building aerobic capacity. During this phase, athletes should:

- Engage in long, slow distances for each discipline.
- Build a strong cardiovascular base without excessive fatigue.
- Incorporate varied terrain and environments to enhance adaptability.

2. Specific Training

Once you have established a solid base, it's time to incorporate more specific training related to race conditions:

- Swim: Focus on technique, endurance, and open water skills. Practice sighting and drafting.
- Bike: Include interval training, hill workouts, and longer rides to simulate race conditions.
- Run: Integrate brick workouts (bike followed by a run) to condition your body for transitioning.

3. Tapering

Tapering is a crucial phase that involves reducing the volume of training in the weeks leading up to the race. This allows your body to recover and perform optimally on race day. It typically starts about two to three weeks before the event and includes:

- Gradually decreasing training volume.
- Maintaining intensity through shorter, quality workouts.
- Prioritizing rest and nutrition to ensure full recovery.

Sample Half Ironman Training Plan

Creating a personalized training plan requires considering your current fitness level, race date, and available time for training. Below is a sample 12-week training plan for a beginner or intermediate athlete:

Weeks 1–4: Base Phase

- Monday: Rest or light swim (30-45 min)
- Tuesday: Bike (1 hour, easy pace) + Run (30 min)
- Wednesday: Swim (1,000-1,500 yards)
- Thursday: Run (45 min, easy pace)
- Friday: Bike (1-2 hours, easy) + Strength training
- Saturday: Long bike ride (2-3 hours)
- Sunday: Long run (1-1.5 hours)

Weeks 5–8: Build Phase

- Monday: Rest
- Tuesday: Swim (1,500-2,000 yards) + Run (45 min, moderate pace)
- Wednesday: Bike (1-2 hours with intervals)
- Thursday: Run (1 hour with hill repeats)
- Friday: Bike (2-3 hours, easy) + Strength training
- Saturday: Long brick workout (Bike 2 hours, Run 30 min)
- Sunday: Long run (1.5-2 hours)

Weeks 9–11: Specific Phase

- Monday: Rest

- Tuesday: Swim (2,000 yards with drills) + Run (1 hour at race pace)
- Wednesday: Bike (2 hours with race pace intervals)
- Thursday: Run (1 hour incorporating tempo work)
- Friday: Brick workout (Bike 1.5 hours, Run 1 hour)
- Saturday: Long bike ride (3-4 hours with race pace segments)
- Sunday: Long run (2 hours, easy to moderate pace)

Week 12: Taper Phase

- Monday: Rest
- Tuesday: Swim (1,000 yards, easy pace) + Short Run (30 min)
- Wednesday: Bike (1 hour, easy)
- Thursday: Swim (1,500 yards, easy) + Short Run (20 min)
- Friday: Rest
- Saturday: Short bike ride (30-45 min, easy)
- Sunday: Race Day!

Nutrition and Hydration

Proper nutrition and hydration are vital components of your training plan. Here are some tips:

1. Fueling During Training

- Consume carbohydrates before and during longer workouts to maintain energy levels.
- Experiment with different gels, bars, and drinks to determine what works for you.

2. Post-Workout Recovery

- Focus on protein and carbohydrates to aid in muscle recovery.
- Stay hydrated with water and electrolyte drinks, especially after long sessions.

3. Race Day Nutrition

- Plan your race day nutrition in advance. Stick to foods you've tried during training.
- Practice your nutrition strategy during long training sessions to ensure it aligns with your stomach's tolerance.

Tips for Success

To maximize your training efforts and ensure a successful race day, consider the following tips:

- **Stay Consistent:** Consistency is key. Stick to your training schedule as closely as possible.
- **Listen to Your Body:** Be aware of signs of overtraining and adjust your plan as needed.
- **Invest in Quality Gear:** Proper equipment, like a good wetsuit, bike, and shoes, can enhance performance and comfort.
- **Practice Transitions:** Work on transitioning between disciplines to save time on race day.
- **Join a Community:** Engaging with local triathlon clubs or online communities can provide support and motivation.

Conclusion

Half Ironman triathlon training plans are an essential aspect of preparing for this demanding race. By understanding the key components of training, following a structured plan, and prioritizing nutrition and recovery, you can set yourself up for success. Remember to listen to your body, stay consistent, and enjoy the process as you work towards crossing the finish line of your Half Ironman. Happy training!

Frequently Asked Questions

What is a Half Ironman triathlon distance?

A Half Ironman triathlon consists of a 1.2-mile (1.9 km) swim, a 56-mile (90 km) bike ride, and a 13.1-mile (21.1 km) run.

How long should a training plan for a Half Ironman typically be?

Most training plans for a Half Ironman range from 12 to 20 weeks, depending on your current fitness level and experience.

What is the best way to build endurance for a Half Ironman?

Incorporate long, slow distance workouts for swimming, cycling, and running, while gradually increasing your weekly mileage and duration.

How many days a week should I train for a Half Ironman?

Most training plans suggest training 5-6 days a week, balancing swim, bike, and run workouts along with rest days.

What type of cross-training is beneficial for Half Ironman training?

Activities such as yoga, strength training, and even low-impact sports like rowing or hiking can help improve overall strength and flexibility.

Should I include brick workouts in my Half Ironman training plan?

Yes, brick workouts, which combine cycling followed by running, are essential for adapting your legs to the transition between sports.

How can I prevent injuries while training for a Half Ironman?

Focus on proper warm-up and cool-down routines, listen to your body, incorporate rest days, and consider cross-training to reduce repetitive strain.

What nutrition strategy should I follow during a Half Ironman training plan?

Aim for a balanced diet rich in carbohydrates, proteins, and healthy fats; practice your race-day nutrition strategy during long training sessions.

Do I need to invest in specific gear for Half Ironman training?

Yes, essential gear includes a good triathlon bike, proper running shoes, a wetsuit for open water swimming, and hydration/nutrition supplies.

How do I taper before a Half Ironman race?

Tapering typically involves gradually reducing your training volume in the two to three weeks leading up to the race while maintaining intensity.

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