

## 12 Week Beginner IRONMAN 70.3 Plan

The goal of this plan is to prepare you to succeed in an IRONMAN 70.3 event: 1.2 mile swim, 56 mile bike & 13.1 mile run. We will train in three phases to build your aerobic development, sharpen your top end speed and perform race-specific workouts that will have you ready to succeed on race day. Before you comply with this plan, you must be able to comfortably swim 1.5km, ride 40km and run 10km.

### Notes:

**Easy** = incredibly easy, pace is irrelevant. I want this to feel like you can carry on a conversation without strain

**Moderate or Steady** = aerobic effort. This should feel like 75% of your maximum effort

**Hard** = As hard as you can push without compromising your form.

- During low cadence work on the bike, if you have any knee pain shift to an easier gear
- Try to finish every run session with a slight negative split (slightly faster finish)
- Try to do all of your runs on a soft surface
- Fuel on the bike with at least 1 bottle per hour. Alternate between sipping on sports drink and water
- For runs over an hour, consume 100kcal every 45' and wash it down with some water.

### Glossary:

WU - Warm up

MS - Main set

CD - Cool down

TT - Time Trial

Please contact IRONMAN U Find A Coach to hire a coach and work on a personalized training plan. [U.IRONMAN.COM/FIND-A-COACH](http://U.IRONMAN.COM/FIND-A-COACH)





| MON  | TUE  | WED  | THU   | FRI  | SAT   | SUN   | WEEK |   |
|--|--|--|---|--|---|---|------|---|
| <p><b>BIKE</b></p> <p><b>Build 1 of 3: Base Preparation</b><br/>           We are preparing the body for the hard work that is to come.<br/>           Bike : Trainer (15 x 1')<br/>           Duration: 1:00:00<br/>           WU: 15' building to IRONMAN effort<br/>           MS: 15 x 1 min @ hard effort on 30 sec rest.</p> <p>Ride @ race cadence &amp; position.<br/>           Still body, strong legs!<br/>           Ride as you feel to hit time.</p> | <p><b>SWIM</b></p> <p>Benchmark 2X500<br/>           Duration: 1:00:00<br/>           Distance (P): 2200 m<br/> <b>Workout Description:</b><br/>           WU:<br/>           2X(100 free/100 pull)<br/>           200 kick with fins<br/>           MS:<br/>           500 continuous swim<br/>           200 kick with fins<br/>           500 continuous swim<br/>           CD:<br/>           8X50 nice and easy :20 rest</p> <p>You will need a buoy, fins, and a kickboard.</p> | <p><b>RUN</b></p> <p><b>Run : Steady</b><br/> <b>Duration : 0:45:00</b></p>    | <p><b>SWIM</b></p> <p>Easy/Smooth 2400<br/>           Duration: 1:00:00<br/>           Distance (P): 2400 m<br/> <b>Workout Description:</b><br/>           3X<br/>           3X200 swim on 20 rest<br/>           200 kick with fins</p> <p>Focus on bilateral breathing, smooth strokes, streamline off the wall.</p>                   | <p><b>REST</b></p> <p><b>Day Off : Rest</b></p>  | <p><b>BIKE</b></p> <p><b>Bike : Steady</b><br/> <b>Duration: 1:30:00</b></p>  | <p><b>RUN</b></p> <p><b>Run : Steady</b><br/> <b>Duration: 0:45:00</b></p>  | 1    |   |
| <p><b>BIKE</b></p> <p><b>Build 2 of 3: Base Preparation</b><br/>           Bike : Trainer (15 x 1')<br/>           Duration: 1:00:00<br/>           WU 15' building to IRONMAN effort<br/>           MS:<br/>           15 x 1 min @ hard effort on 30 sec rest.<br/>           Ride @ race cadence &amp; position.<br/>           Still body, strong legs!</p>  | <p><b>SWIM</b></p> <p>Drills 2000<br/>           Duration : 0:45:00<br/>           Distance : 2000 m<br/> <b>Workout Description:</b><br/>           WU:<br/>           200 free/200 kick<br/>           4X50 single arm drill, 200 pull<br/>           4X50 finger tip drag, 200 pull<br/>           4X50 kick on your side, 200 pull<br/>           CD:<br/>           4X100 easy</p>  | <p><b>RUN</b></p> <p><b>Run : Steady</b><br/> <b>Duration (P): 1:00:00</b></p> | <p><b>SWIM</b></p> <p>Easy/Smooth 2400<br/>           Duration (P): 1:00:00<br/>           Distance (P): 2400 m<br/> <b>Workout Description:</b><br/>           3X<br/>           3X200 swim on :20 rest<br/>           200 kick with fins</p> <p>Focus on bilateral breathing, smooth strokes, streamline off the wall –chin tucked!</p> | <p><b>STRENGTH</b></p> <p>Strength : Total Body<br/>           Duration (P): :20:00<br/> <b>Workout Description:</b><br/>           10 push-ups; 60sec plank;<br/>           60sec x 2 side planks;<br/>           10 push-ups; 1:00 rest<br/>           10 push-ups; 60sec plank;<br/>           30sec x 2 side planks<br/>           10 push-ups</p> <p>Monster Walks, 3 x 15 paces in each direction<br/>           Eccentric calf raises, 3 x 15 nice and slow</p> | <p><b>BIKE</b></p> <p><b>Bike : Steady</b><br/> <b>Duration : 2:00:00</b></p> | <p><b>RUN</b></p> <p><b>Run : Steady</b><br/> <b>Duration 1: 15:00</b></p>  |      | 2 |
| <p><b>BIKE</b></p> <p><b>Build 3 of 3: Base Preparation</b><br/>           Bike : Trainer (15 x 1')<br/>           Duration: 1:00:00<br/>           WU 15' building to IRONMAN effort<br/>           MS<br/>           15 x 1 min @ hard effort on 30 sec rest.<br/>           Ride @ race cadence &amp; position.<br/>           Still body, strong legs!<br/>           Ride as you feel to hit time.</p>  | <p><b>SWIM</b></p> <p>Drills 2000<br/>           Duration : 0:45:00<br/>           Distance : 2000 m<br/> <b>Workout Description:</b><br/>           WU:<br/>           200 free/200 kick<br/>           4X50 single arm drill, 200 pull<br/>           4X50 finger tip drag, 200 pull<br/>           4X50 kick on your side, 200 pull<br/>           CD:<br/>           4X100 easy</p>  | <p><b>RUN</b></p> <p><b>Run : Steady</b><br/> <b>Duration (P): 1:00:00</b></p> | <p><b>SWIM</b></p> <p>Easy/Smooth 2400<br/>           Duration (P): 1:00:00<br/>           Distance (P): 2400 m<br/> <b>Workout Description:</b><br/>           3X<br/>           3X200 swim on :20 rest<br/>           200 kick with fins</p> <p>Focus on bilateral breathing, smooth strokes, streamline off the wall –chin tucked!</p> | <p><b>STRENGTH</b></p> <p>Strength : Total Body<br/>           Duration (P): :20:00<br/> <b>Workout Description:</b><br/>           10 push-ups; 60sec plank;<br/>           60sec x 2 side planks;<br/>           10 push-ups; 1:00 rest<br/>           10 push-ups; 60sec plank;<br/>           30sec x 2 side planks<br/>           10 push-ups</p> <p>Monster Walks, 3 x 15 paces in each direction<br/>           Eccentric calf raises, 3 x 15 nice and slow</p> | <p><b>BIKE</b></p> <p><b>Bike : Steady</b><br/> <b>Duration : 2:30:00</b></p> | <p><b>RUN</b></p> <p><b>Run : Steady</b><br/> <b>Duration : 1:20:00</b></p> |      |   |



MON

BIKE

Bike : Trainer Duration: :45  
 WU:15min  
 10 min easy  
 5min single leg drills:  
 (5x 30 sec right leg only 30 sec left leg only)  
 MS: change in pace/ cadence pyramid set: 16 min  
 1min@60 rpm,1min easy  
 1min @65rpm,1min easy  
 1min @70rpm,1min easy  
 1min @80rpm,1min easy  
 1min@85rpm, 1min easy  
 1min@90 rpm, 1min easy  
 1min@100rpm,1min easy  
 1min@110rpm,1min easy  
 CD:15 min easy

TUE

SWIM

Drills 2000  
 Duration : 0:45:00  
 Distance : 2000 m  
**Workout Description:**  
 WU:  
 200 free/200 kick  
 4X50 single arm drill, 200 pull  
 4X50 finger tip drag, 200 pull  
 4X50 kick on your side, 200 pull  
 CD:  
 4X100 easy

WED

RUN

**Run : Steady**  
**Duration (P): 0:35:00**

THU

SWIM

Swim : Easy/Smooth 2400  
 Duration (P): 1:00:00  
 Distance (P): 2400 m  
**Workout Description:**  
 3X  
 3X200 swim on :20 rest  
 200 kick with fins  
 Focus on bilateral breathing, smooth strokes, streamline off the wall –chin tucked!

FRI

STRENGTH

Strength : Total Body  
 Duration (P): :20:00  
**Workout Description:**  
 10 push-ups; 60sec plank;  
 60sec x 2 side planks;  
 3X  
 10 push-ups; 1:00 rest  
 10 push-ups; 60sec plank;  
 30sec x 2 side planks  
 10 push-ups  
 Monster Walks, 3 x 15 paces in each direction  
 Eccentric calf raises, 3 x 15 nice and slow

SAT

BIKE

**Bike : Easy**  
**Duration : 1:40:00**

SUN

RUN

**Run : Easy**  
**Duration : 0:50:00**

WEEK

4

BIKE

**Build 1 of 3: 70.3 Specificity**  
 Bike : Trainer (Progressive TT's, :90)  
 Duration (P): 1:30:00  
**Workout Description:**  
 20 min easy spin 10 min TT (75%)  
 10 min easy  
 8 min TT (80%) 8 min easy 6 min TT (85%)  
 6 min easy  
 4 min all out (100%)  
 Easy Spin cooldown  
 Pace it well!

SWIM

Drills 2500  
 Duration (P): 1:00:00  
 Distance (P): 2500 m  
**Workout Description:**  
 400 (swim/kick by 100)  
 400 pull (3/5 breathing pattern by 100)  
 16x25 w/:10 rest (1fast/1ez)  
 4x125 w/:30 rest (25 sprint/100 smooth)  
 4x75 pull w/15 rest (all strong)  
 300 swim free, smooth perfect technique  
 200 choice cool down

RUN

Run : Treadmill/Hills  
 Duration (P): 0:45:00  
**Workout Description:**  
 15 min easy warmup  
 \*\*\*Hill Repeats X3 3X(5 min @ 5%/5 min @ 2.5%) Work the 5% then recover on the 2.5 %

SWIM

Swim : Timetrial 1000  
 Duration (P): 1:00:00  
 Distance (P): 2600 m  
**Workout Description:**  
 WU  
 5X200 as swim, pull, kick, pull, swim 4X50 mod hard on 10 sec rest  
 \*\*\*\*  
 Straight 1000 for time  
 CD  
 4X100 easy/drill

STRENGTH

Strength : Total Body  
 Duration (P): :20:00  
**Workout Description:**  
 10 push-ups; 60sec plank;  
 60sec x 2 side planks;  
 10 push-ups; 1:00 rest  
 10 push-ups; 60sec plank;  
 30sec x 2 side planks  
 10 push-ups  
 Monster Walks, 3 x 15 paces in each direction  
 Eccentric calf raises, 3 x 15 nice and slow

BRICK

Bike : 3X20  
 Duration (P): 3:00:00  
**Workout Description:**  
 Mostly steady riding with 3X20 minutes of strong effort mixed in to the session. Ride steady for 15-20 between each strong effort  
**T Run:**  
 20 ' of aerobic running within 10' of completing ride

RUN

Run : Progressive by 15's  
 Duration (P): 0:1:15:00  
**Workout Description:**  
 15 min easy  
 15 min moderate 15 min fast  
 Run as you feel to hit time

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BIKE

**Build 2 of 3: 70.3 Specificity**  
 Bike : Trainer (Progressive TT's, :90)  
 Duration (P): 1:30:00  
**Workout Description:**  
 20 min easy spin 10 min TT (75%)  
 10 min easy  
 8 min TT (80%) 8 min easy  
 6 min TT (85%)  
 6 min easy  
 4 min all out (100%)  
 Easy Spin cooldown  
 Pace it well!

SWIM

Swim : Drills 2500  
 Duration (P): 1:00:00  
 Distance (P): 2500 m  
**Workout Description:**  
 400 (swim/kick by 100)  
 400 pull (3/5 breathing pattern by 100)  
 16x25 w/:10 rest (1fast/1ez)  
 4x125 w/:30 rest (25 sprint/100 smooth)  
 4x75 pull w/15 rest (all strong)  
 300 swim free, smooth perfect technique  
 200 choice cool down

RUN

Treadmill/Hills  
 Duration (P): 0:45:00  
**Workout Description:**  
 15 min easy warmup  
 \*\*\*Hill Repeats X3 3X(5 min @ 5%/5 min @ 2.5%) Work the 5% then recover on the 2.5 %

SWIM

Swim : Pull Set  
 2600 Duration (P): 1:00:00  
**Workout Description:**  
 400 (swim/kick by 100)  
 400 pull (3/5 breathing pattern by 100)  
 16x25 w/:10 rest (1fast/1ez)  
 4x125 w/:30 rest (25 sprint/100 smooth)  
 4x75 pull w/15 rest (all strong)  
 300 swim free, smooth perfect technique  
 200 choice cool down

STRENGTH

Strength : Total Body  
 Duration (P): :20:00  
**Workout Description:**  
 10 push-ups; 60sec plank;  
 60sec x 2 side planks;  
 10 push-ups; 1:00 rest  
 10 push-ups; 60sec plank;  
 30sec x 2 side planks  
 10 push-ups  
 Monster Walks, 3 x 15 paces in each direction  
 Eccentric calf raises, 3 x 15 nice and slow

BRICK

Bike : 3 hours steady w fast finish  
 Duration (P): 3:00:00  
**Workout Description:** Mostly steady riding with your final 15' @ 70.3 effort  
**T Run:**  
 20 ' of aerobic running within 10' of completing ride

RUN

**Run : Steady**  
**Duration : 1:25:00**

6



| MON   | TUE   | WED   | THU   | FRI   | SAT   | SUN  | WEEK |   |
|---|---|---|---|---|---|--|------|---|
| <b>BIKE</b><br><b>Build 3 of 3: 70.3 Specificity</b><br>Bike : Trainer (Progressive TT's, :90)<br>Duration (P): 1:30:00<br><b>Workout Description:</b><br>20 min easy spin 10 min TT (75%)<br>10 min easy<br>8 min TT (80%) 8 min easy<br>6 min TT (85%)<br>6 min easy<br>4 min all out (100%) Easy Spin<br>cooldown<br>Pace it well!   | <b>SWIM</b><br>Drills 2500<br>Duration (P): 1:00:00<br>Distance (P): 2500 m<br><b>Workout Description:</b><br>400 (swim/kick by 100)<br>400 pull (3/5 breathing pattern by 100)<br><br>16x25 w/:10 rest (1fast/1ez)<br>4x125 w/:30 rest (25 sprint/100 smooth)<br>4x75 pull w/15 rest (all strong)<br>300 swim free, smooth perfect technique<br><br>200 choice cool down | <b>RUN</b><br>Run : Treadmill/Hills<br>Duration (P): 0:45:00<br><b>Workout Description:</b><br>15 min easy warmup<br>***Hill Repeats X3 3X(5 min @ 5%/5 min @ 2.5%) Work the 5% then recover on the 2.5 % | <b>SWIM</b><br>Pull Set 2600<br>Duration (P): 1:00:00<br><b>Workout Description:</b><br>400 (swim/kick by 100)<br>400 pull (3/5 breathing pattern by 100)<br><br>16x25 w/:10 rest (1fast/1ez)<br>4x125 w/:30 rest (25 sprint/100 smooth)<br>4x75 pull w/15 rest (all strong)<br>300 swim free, smooth perfect technique | <b>STRENGTH</b><br>Strength : Total Body<br>Duration (P): :20:00<br><b>Workout Description:</b><br>10 push-ups; 60sec plank;<br>60sec x 2 side planks;<br>10 push-ups; 1:00 rest<br>10 push-ups; 60sec plank;<br>30sec x 2 side planks<br>10 push-ups<br><br>Monster Walks, 3 x 15 paces in each direction<br>Eccentric calf raises, 3 x 15 nice and slow | <b>BRICK</b><br>Bike : 3 hours steady w fast finish<br>Duration (P): 3:00:00<br><b>Workout Description:</b> Mostly steady riding with your final 30 @ 70.3 effort<br><br><b>T Run:</b><br>20 ' of aerobic running within 10' of completing ride   | <b>RUN</b><br><b>Run : Steady</b><br><b>Duration : 1:35:00</b> | 7    |   |
| <b>BIKE</b><br>Bike : Trainer Duration: :45<br>WUp:15min<br>10 min easy<br>5min single leg drills:<br>(5x 30 sec right leg only 30 sec left leg only)<br>MS: change in pace/ cadence<br>pyramid set: 16 min<br>1min@60 rpm, 1min easy<br>1min @65rpm, 1min easy<br>1min @70rpm, 1min easy<br>1min @80rpm, 1min easy<br>1min@85rpm, 1min easy<br>1min@90 rpm, 1min easy<br>1min@100rpm, 1min easy<br>1min@110rpm, 1min easy<br><br>Warm down:<br>15 min easy | <b>SWIM</b><br>Swim : Drills 2000<br>Duration : 0:45:00<br>Distance : 2000 m<br><b>Workout Description:</b><br>WU:<br>200 free/200 kick<br>4X50 single arm drill, 200 pull<br>4X50 finger tip drag, 200 pull<br>4X50 kick on your side, 200 pull<br>CD:<br>4X100 easy   | <b>RUN</b><br>Run : Steady Duration (P): 1:00:00  | <b>SWIM</b><br>Swim : Easy/Smooth 2400<br>Duration (P): 1:00:00<br>Distance (P): 2400 m<br><b>Workout Description:</b><br>3X<br>3X200 swim on :20 rest<br>200 kick with fins<br>Focus on bilateral breathing, smooth strokes, streamline off the wall –chin tucked!   | <b>STRENGTH</b><br>Strength : Total Body<br>Duration (P): :20:00<br><b>Workout Description:</b><br>10 push-ups; 60sec plank;<br>60sec x 2 side planks;<br>10 push-ups; 1:00 rest<br>10 push-ups; 60sec plank;<br>30sec x 2 side planks<br>10 push-ups<br><br>Monster Walks, 3 x 15 paces in each direction<br>Eccentric calf raises, 3 x 15 nice and slow | <b>BIKE</b><br><b>Bike : Easy</b><br><b>Duration : 1:30:00</b>  | <b>RUN</b><br><b>Run : Easy</b><br><b>Duration : 0:50:00</b>   |      | 8 |
| <b>BIKE</b><br><b>Build 1 of 3: 70.3 Specificity</b><br>Bike : Trainer (Progressive TT's, :90)<br>Duration (P): 1:30:00<br><b>Workout Description:</b><br>20 min easy spin 10 min TT (75%)<br>10 min easy<br>8 min TT (80%) 8 min easy<br>6 min TT (85%)<br>6 min easy<br>4 min all out (100%)<br>Easy Spin cooldown<br>Pace it well!   | <b>SWIM</b><br>Drills 2500<br>Duration (P): 1:00:00<br>Distance (P): 2500 m<br><b>Workout Description:</b><br>400 (swim/kick by 100)<br>400 pull (3/5 breathing pattern by 100)<br><br>16x25 w/:10 rest (1fast/1ez)<br>4x125 w/:30 rest (25 sprint/100 smooth)<br>4x75 pull w/15 rest (all strong)<br>300 swim free, smooth perfect technique<br><br>200 choice cool down | <b>RUN</b><br>Run : Treadmill/Hills Duration (P): 0:45:00<br><b>Workout Description:</b><br>15 min easy warmup<br>***Hill Repeats X3 3X(5 min @ 5%/5 min @ 2.5%) Work the 5% then recover on the 2.5 %    | <b>SWIM</b><br>Benchmark 1000<br>Duration (P): 1:00:00<br>Distance (P): 2600 m<br><b>Workout Description:</b><br>WU<br>5X200 as swim, pull, kick, pull, swim 4X50 mod hard on 10 sec rest<br>****<br>Straight 1000 for time<br>CD<br>4X100 easy/drill   | <b>STRENGTH</b><br>Strength : Total Body<br>Duration (P): :20:00<br><b>Workout Description:</b><br>10 push-ups; 60sec plank;<br>60sec x 2 side planks;<br>10 push-ups; 1:00 rest<br>10 push-ups; 60sec plank;<br>30sec x 2 side planks<br>10 push-ups<br><br>Monster Walks, 3 x 15 paces in each direction<br>Eccentric calf raises, 3 x 15 nice and slow | <b>BRICK</b><br>Bike : 3X20<br>Duration (P): 3:30:00<br><b>Workout Description:</b> Mostly steady riding with 3X20 minutes of strong effort mixed in to the session. Ride steady for 15-20 between each strong effort<br><br><b>T Run:</b><br>20 ' of aerobic running within 10' of completing ride | <b>RUN</b><br><b>Run : Steady</b><br><b>Duration : 1:35:00</b> |      |   |



| MON  | TUE   | WED  | THU   | FRI  | SAT  | SUN   | WEEK |
|--|---|--|---|--|--|---|------|
| <p><b>BIKE</b></p> <p><b>Build 2 of 3: 70.3 Specificity</b><br/>           Bike : Trainer (Progressive TT's, :90)<br/>           Duration (P): 1:30:00<br/> <b>Workout Description:</b><br/>           20 min easy spin 10 min TT (75%)<br/>           10 min easy<br/>           8 min TT (80%) 8 min easy<br/>           6 min TT (85%)<br/>           6 min easy<br/>           4 min all out (100%)<br/>           Easy Spin cooldown<br/>           Pace it well!</p> | <p><b>SWIM</b></p> <p>Drills 2500<br/>           Duration (P): 1:00:00<br/>           Distance (P): 2500 m<br/> <b>Workout Description:</b><br/>           400 (swim/kick by 100)<br/>           400 pull (3/5 breathing pattern by 100)<br/> <br/>           16x25 w/:10 rest (1fast/1ez)<br/>           4x125 w/:30 rest (25 sprint/100 smooth)<br/>           4x75 pull w/15 rest (all strong)<br/>           300 swim free, smooth perfect technique<br/> <br/>           200 choice cool down</p>        | <p><b>RUN</b></p> <p>Run : Treadmill/Hills<br/>           Duration (P): 0:45:00<br/> <b>Workout Description:</b><br/>           15 min easy warmup<br/>           ***Hill Repeats X3 3X(5 min @ 5%/5 min @ 2.5%) Work the 5% then recover on the 2.5 %</p> | <p><b>SWIM</b></p> <p>Swim : Benchmark 1000<br/>           Duration (P): 1:00:00<br/>           Distance (P): 2600 m<br/> <b>Workout Description:</b><br/>           WU<br/>           5X200 as swim, pull, kick, pull, swim 4X50 mod hard on 10 sec rest<br/>           ****<br/>           Straight 1000 for time<br/>           CD<br/>           4X100 easy/drill</p> | <p><b>STRENGTH</b></p> <p>Strength : Total Body<br/>           Duration (P): :20:00<br/> <b>Workout Description:</b><br/>           10 push-ups; 60sec plank;<br/>           60sec x 2 side planks;<br/>           10 push-ups; 1:00 rest<br/>           10 push-ups; 60sec plank;<br/>           30sec x 2 side planks<br/>           10 push-ups<br/> <br/>           Monster Walks, 3 x 15 paces in each direction<br/>           Eccentric calf raises, 3 x 15 nice and slow</p> | <p><b>BRICK</b></p> <p>Bike : 3X20<br/>           Duration (P): 3:30:00<br/> <b>Workout Description:</b> Mostly steady riding with 3X20 minutes of strong effort mixed in to the session. Ride steady for 15-20 between each strong effort<br/> <br/> <b>T Run:</b><br/>           20 ' of aerobic running within 10' of completing ride</p>                             | <p><b>RUN</b></p> <p><b>Run : Steady</b><br/> <b>Duration : 1:45:00</b></p> | 10   |
| <p><b>REST</b></p> <p><b>Build &amp; Begin Taper</b><br/>           Workout Description:<br/>           Start pulling it back. Add an extra hour of sleep each day<br/> <b>Day Off : Rest</b></p>  | <p><b>SWIM</b></p> <p>Swim : Drills 2500<br/>           Duration (P): 1:00:00<br/>           Distance (P): 2500 m<br/> <b>Workout Description:</b><br/>           400 (swim/kick by 100)<br/>           400 pull (3/5 breathing pattern by 100)<br/> <br/>           16x25 w/:10 rest (1fast/1ez)<br/>           4x125 w/:30 rest (25 sprint/100 smooth)<br/>           4x75 pull w/15 rest (all strong)<br/>           300 swim free, smooth perfect technique<br/> <br/>           200 choice cool</p>      | <p><b>RUN</b></p> <p>Run : Treadmill/Hills<br/>           Duration (P): 0:45:00<br/> <b>Workout Description:</b><br/>           15 min easy warmup<br/>           ***Hill Repeats X3 3X(5 min @ 5%/5 min @ 2.5%) Work the 5% then recover on the 2.5 %</p> | <p><b>SWIM</b></p> <p>Swim : Race Prep 2000<br/>           Duration (P): 0:45:00<br/>           Distance (P): 2000 m<br/> <b>Workout Description:</b><br/>           WU:<br/>           200 free/200 kick/200 pull<br/>           MS:<br/>           5X200 on goal race pace<br/>           CD:<br/>           4X100 as 25 goal race pace/75 easy</p>                     | <p><b>STRENGTH</b></p> <p>Strength : Total Body<br/>           Duration (P): :20:00<br/> <b>Workout Description:</b><br/>           10 push-ups; 60sec plank;<br/>           60sec x 2 side planks;<br/>           10 push-ups; 1:00 rest<br/>           10 push-ups; 60sec plank;<br/>           30sec x 2 side planks<br/>           10 push-ups<br/> <br/>           Monster Walks, 3 x 15 paces in each direction<br/>           Eccentric calf raises, 3 x 15 nice and slow</p> | <p><b>BIKE</b></p> <p>Bike : 3X20<br/>           Duration (P): 2:30:00<br/> <b>Workout Description:</b> Mostly steady riding with 3X20 minutes of strong effort mixed in to the session. Ride steady for 15-20 between each strong effort</p>  | <p><b>RUN</b></p> <p><b>Run : Easy</b><br/> <b>Duration : 1:15:00</b></p>   | 11   |
| <p><b>BIKE</b></p> <p><b>Race Week!</b><br/>           If you do anything off the plan this week, do too little! We cannot get any fitter.<br/> <br/>           1 Hour Ride<br/>           Very easy ride today but insert 5 x 2 min @ race effort on equal rest.</p>  | <p><b>SWIM</b></p> <p>Swim : Drills 2500<br/>           Duration (P): 1:00:00<br/>           Distance (P): 2500 m<br/> <b>Workout Description:</b><br/>           400 (swim/kick by 100)<br/>           400 pull (3/5 breathing pattern by 100)<br/> <br/>           16x25 w/:10 rest (1fast/1ez)<br/>           4x125 w/:30 rest (25 sprint/100 smooth)<br/>           4x75 pull w/15 rest (all strong)<br/>           300 swim free, smooth perfect technique<br/> <br/>           200 choice cool down</p> | <p><b>RUN</b></p> <p><b>EASY running for 45'</b></p>   | <p><b>SWIM</b></p> <p>Prep 2000<br/>           Duration (P): 0:45:00<br/>           Distance (P): 2000 m<br/> <b>Workout Description:</b><br/>           WU:<br/>           200 free/200 kick/200 pull<br/>           MS:<br/>           5X200 on goal race pace<br/>           CD:<br/>           4X100 as 25 goal race pace/75 easy</p>                                 | <p><b>PREP</b></p> <p>15' Open Water Swim on course.<br/>           Practice sighting and visualize race day.</p>  | <p><b>PREP</b></p> <p>Custom : Pre- Race Tune Up<br/>           Duration (P): 0:45:00<br/> <b>Workout Description:</b><br/>           Get out and ride the bike, checking the gears and all mechanicals. Go hard for 3X2 minutes then get off for an easy 20 minute run with 3X2 minutes of strides. The idea is to keep the blood flowing and calm pre-race nerves.</p> | <p><b>RACE DAY</b></p> <p><b>Good luck and happy racing!</b></p>            | 12   |