

# 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 15 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 (90s 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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### **Table of Contents 36 Week Half Ironman Training Program Mybooklibrary**

1. Understanding the eBook 36 Week Half Ironman Training Program Mybooklibrary
  - The Rise of Digital Reading 36 Week Half Ironman Training Program Mybooklibrary
  - Advantages of eBooks Over Traditional Books
2. Identifying 36 Week Half Ironman Training Program Mybooklibrary
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an 36 Week Half Ironman Training Program Mybooklibrary
  - User-Friendly Interface
4. Exploring eBook Recommendations from 36 Week Half Ironman Training Program Mybooklibrary

- Personalized Recommendations
  - 36 Week Half Ironman Training Program Mybooklibrary User Reviews and Ratings
  - 36 Week Half Ironman Training Program Mybooklibrary and Bestseller Lists
5. Accessing 36 Week Half Ironman Training Program Mybooklibrary Free and Paid eBooks
    - 36 Week Half Ironman Training Program Mybooklibrary Public Domain eBooks
    - 36 Week Half Ironman Training Program Mybooklibrary eBook Subscription Services
    - 36 Week Half Ironman Training Program Mybooklibrary Budget-Friendly Options
  6. Navigating 36 Week Half Ironman Training Program Mybooklibrary eBook Formats
    - ePub, PDF, MOBI, and More
    - 36 Week Half Ironman Training Program Mybooklibrary Compatibility with Devices
    - 36 Week Half Ironman Training Program Mybooklibrary Enhanced eBook Features
  7. Enhancing Your Reading Experience
    - Adjustable Fonts and Text Sizes of 36 Week Half Ironman Training Program Mybooklibrary
    - Highlighting and Note-Taking 36 Week Half Ironman Training Program Mybooklibrary
    - Interactive Elements 36 Week Half Ironman Training Program Mybooklibrary
  8. Staying Engaged with 36 Week Half Ironman Training Program Mybooklibrary
    - Joining Online Reading Communities
    - Participating in Virtual Book Clubs
    - Following Authors and Publishers 36 Week Half Ironman Training Program Mybooklibrary
  9. Balancing eBooks and Physical Books 36 Week Half Ironman Training Program Mybooklibrary
    - Benefits of a Digital Library
    - Creating a Diverse Reading Collection 36 Week Half Ironman Training Program Mybooklibrary
  10. Overcoming Reading Challenges
    - Dealing with Digital Eye Strain
    - Minimizing Distractions
    - Managing Screen Time
  11. Cultivating a Reading Routine 36 Week Half Ironman Training Program Mybooklibrary
    - Setting Reading Goals 36 Week Half Ironman Training Program Mybooklibrary
    - Carving Out Dedicated Reading Time
  12. Sourcing Reliable Information of 36 Week Half Ironman Training Program Mybooklibrary

- Fact-Checking eBook Content of 36 Week Half Ironman Training Program Mybooklibrary
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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