

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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18-Week Half IronMan Triathlon Training Plan Team Iron Cowboy,2020-03-12 Developed by Certified IRONMAN Coaches and Triathlon Guinness World Record holder James The Iron Cowboy LawrenceTrain for your triathlon with complete daily planning for running swimming and cycling [Men's Half Ironman Triathlon Training Diary](#) Patrick Green,2021-02-10 A perfect gift for athletes who will train for the half ironman This journal is ideal for you to plan record and better understand your workouts and performance With undated pages for use at any time of the year this journal offers plenty of space for all the objective and subjective performance metrics you may need to optimally manage your training and results Product details SWOT analysis start of season profile in swimming cycling and running Season goals full season training hours weekly training hours 30 week training period Space for all training metrics such as rest recovery weight training type route distance time average heart rate and power zones time heart rate and your personalized notes Weekly results tracking Event results summary to record finish times pre and post race nutrition goals route and performance Seasonal results summary Dimensions 16 99 x 24 4 cm **IronFit Secrets for Half Iron-Distance Triathlon Success** Don Fink,Melanie Fink,2013-12-23 Why is the Half Iron Distance the most popular triathlon distance Because it is the perfect length for busy athletes with demanding career and family responsibilities Full Iron Distance races require such painstaking planning and sacrifice that it s difficult to keep life in balance The Half Iron Distance is accessible while remaining challenging Also known as the 70 3 for the sum of its 1 2 mile swim 56 mile bike ride and 13 1 mile run the half iron triathlon is not simply a race for which an athlete can use a full iron training regimen chopped in half Doing so would in no way approach maximizing an athlete s performance The races are performed at completely different intensity levels with completely different approaches As a result the training is completely different IronFit Secrets to Half Iron Distance Triathlon Success does for the half iron what Be IronFit has done for the full iron It provides three sixteen week training programs Competitive Intermediate and Just Finish and details everything an athlete needs to know to successfully prepare for and maximize performance at this racing distance In as little as four months any athlete can be physically and mentally ready for the world s most popular triathlon challenge **Men's Half Ironman Triathlon Training Diary** Gasthrell Designer,2021-05-11 A perfect gift for athletes who will train for the half ironman This journal is ideal for you to plan record and better understand your workouts and performance With undated pages for use at any time of the year this journal offers plenty of space for all the objective and subjective performance metrics you may need to optimally manage your training and results Product details SWOT analysis start of season profile in swimming cycling and running Season goals full season training hours weekly training hours 30 week training period Space for all training metrics such as rest recovery weight training type route distance time average heart rate and power zones time heart rate and your personalized notes Weekly results tracking Event results summary to record finish times pre and post race nutrition goals route and performance

Seasonal results summary Dimensions 6 x 9 **Ironman 70.3** Henry Ash, Marlies Penker, 2014 70 3 Half Ironman represents a fascinating challenge for any well trained endurance athlete The book includes detailed training plans for the main triathlete groups the beginner the ambitious athlete and the elite athlete The athlete receives year round training recommendations including cross training and strenght training Motivational tips anecdotes and emotional race reports complete the book Biographische Informationen Henry Ash triathlete and author of numerous training books is a training companion and motivator for many triathletes He has completed more than 250 triathlons **Be Iron Fit** Don Fink, Melanie Fink, 2016 This updated volume features time efficient training methods that have been honed over the years and may aid anyone in achieving his or her athletic dreams from beginners to experienced competitors This edition includes all new training plans new swim sessions new athlete profiles and state of the art flexibility and core strength regimens Page 4 of cover *How to Structure Life with Ironman Triathlon Training* Jen Rulon MS, 2016-02-08 How do you fit Ironman Triathlon or 70 3 Ironman Training in along with living your life Here is a journal that will help get you organized with your life along with getting YOU ready for the race of your life

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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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