

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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36 Week Half Ironman Training Program Mybooklibrary

Henry Ash, Marlies Penker



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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 **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 *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 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 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 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 Ironman Triathlon Training in 6 Weeks Kylie Palombella, 2014-09-04 If you re an athlete currently preparing for your first Ironman Triathlon and would like the assistance of a structured training program for the final 6 weeks leading up to your race then this book is for you This book brings you a 6 week Ironman Triathlon training program that has been used successfully by many people training to become an Ironman The information is presented in a format that it easy to read and understand divided into weeks with recommended exercises described day by day By the time you get to the last week you will be ready to become an Ironman Ironman Triathletes typically train for far longer than 6 weeks to succeed so it s important to note that we have compressed as much training as possible into this timeframe with the assumption that you have already been training and exercising regularly Be warned that this program is quite rigorous and not for the fainthearted It is not designed for a complete couch potato or heavy junk food eater If you have been lazing around you may need to train for 20 weeks possibly even longer in order to complete the Ironman successfully If that describes you then go get to work and come back to read this book in a few more months when you re ready to get serious But for those who are ready now Happy reading and steadfast training you soon to be Ironman

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