

# Half-Ironman 12-Week Training Plan

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	MON	TUE	WED	THU	FRI	SAT	SUN
<b>W 1</b>	<b>Swim, 1200m</b> <b>WU:</b> 200m choice, 100m kick <b>MS:</b> 2x (300m easy pull on 15" rest, 100m easy kick on 10" rest) <b>EP:</b> RPE 50-60% <b>CD:</b> 100m easy choice	<b>Run, Hills, 35'</b> <b>WU:</b> 15' easy <b>MS:</b> 6x 30" uphill strong effort (60" easy jog/walk down between) <b>EP:</b> RPE 85-90% <b>CD:</b> 11' easy	<b>Swim, 1500m</b> <b>WU:</b> 200m choice, 8x 25m (on 10" rest descending 1-4 get faster), 100m easy choice <b>MS:</b> 8x 50m (fast on 30" rest), 100m easy choice, 2x 200m (easy pull on 30" rest) <b>EP:</b> Varied <b>CD:</b> 100m choice	<b>Bike, Hills, 1 h</b> <b>WU:</b> 30' easy <b>MS:</b> 5x (1' uphill strong effort, 2' easy) <b>EP:</b> RPE 85-90% <b>CD:</b> 15' easy	Off	<b>Run, 1 h</b> <b>WU:</b> 15' easy <b>MS:</b> 40' at HP <b>EP:</b> RPE 65-75% <b>CD:</b> 5' easy  <b>Swim, OW, 30'</b> <b>WU:</b> 5' easy mixed strokes <b>MS:</b> 2x (10' at GP, 30" rest) <b>EP:</b> RPE 65-75% <b>CD:</b> 5' easy mixed strokes	<b>Race simulation</b> <b>WU:</b> 20' easy <b>MS:</b> 2x (25' at goal race pace/effort, 5" easy) <b>EP:</b> RPE 65-75% <b>CD:</b> 10' easy  <b>Run, OTB, 10'</b> <b>EP:</b> RPE 65-75%
<b>W 2</b>	<b>Swim, 1500m</b> <b>WU:</b> 200m choice, 100m kick <b>MS:</b> 2x (400m easy pull on 15" rest, 100m easy kick on 10" rest) <b>EP:</b> RPE 50-60% <b>CD:</b> 200m easy choice	<b>Run, Hills, 40'</b> <b>WU:</b> 15' easy <b>MS:</b> 8x (30" uphill strong effort, 60" easy jog/walk down between) <b>EP:</b> RPE 85-90% <b>CD:</b> 13' easy	<b>Swim, 1600m</b> <b>WU:</b> 100m choice, 100m kick, 100m freestyle <b>MS:</b> 10x 50m (fast on 30" rest), 100m easy choice <b>EP:</b> Varied <b>CD:</b> 100m choice	<b>Bike, Hills, 1 h</b> <b>WU:</b> 30' easy <b>MS:</b> 4x (2' uphill strong effort, 3' easy) <b>EP:</b> RPE 85-90% <b>CD:</b> 10' easy	Off	<b>Run, 1 h 15'</b> <b>WU:</b> 15' easy <b>MS:</b> 55' at HP <b>EP:</b> RPE 65-75% <b>CD:</b> 5' easy  <b>Swim, OW, 40'</b> <b>WU:</b> 5' easy mixed strokes <b>MS:</b> 3x (8' at GP, 30" rest) <b>EP:</b> RPE 65-75% <b>CD:</b> 5' easy mixed strokes	<b>Race simulation, Bike/Run, 2 h 15'</b> <b>WU:</b> 20' easy <b>MS:</b> 2x (40' at GP, 5' easy) <b>EP:</b> RPE 65-75% <b>CD:</b> 10' easy  <b>Run, OTB, 15'</b> <b>EP:</b> RPE 65-75%
<b>W 3</b>	<b>Swim, 1700m</b> <b>WU:</b> 200m choice, 100m kick <b>MS:</b> 2x (500m easy pull on 15" rest, 100m easy kick on 10" rest) <b>EP:</b> RPE 50-60% <b>CD:</b> 200m easy choice	<b>Run, Hills- 45'</b> <b>WU:</b> 15' easy <b>MS:</b> 10x (30" uphill strong effort, 60" easy jog/walk down between) <b>EP:</b> RPE 85-90% <b>CD:</b> 15' easy	<b>Swim, 2000m</b> <b>WU:</b> 300m choice, 200m kick <b>MS:</b> 5x 100m (fast on 60" rest), 100m easy choice, 2x 400m (easy pull on 30" rest) <b>EP:</b> Varied <b>CD:</b> 100m choice	<b>Bike, Hills, 1 h</b> <b>WU:</b> 30' easy <b>MS:</b> 3 x (3' uphill strong effort, 4' easy) <b>EP:</b> RPE 85-90% <b>CD:</b> 9' easy	Off	<b>Run, 1 h 30'</b> <b>WU:</b> 15' easy <b>MS:</b> 70' at HP <b>EP:</b> RPE 65-75% <b>CD:</b> 5' easy  <b>Swim, OW, 45'</b> <b>WU:</b> 5' easy mixed strokes <b>MS:</b> 5x (6' at GP, 30" rest) <b>EP:</b> RPE 65-75% <b>CD:</b> 5' easy mixed strokes	<b>Race simulation, Bike/Run, 2 h 50'</b> <b>WU:</b> 30' easy <b>MS:</b> 60' at GP, 10' easy, 30' at GP <b>EP:</b> RPE 65-75% <b>CD:</b> 20' easy  <b>Run, OTB, 20'</b> <b>EP:</b> RPE 65-75%
<b>W 4 RECOVERY</b>	<b>Swim, 1000m</b> <b>WU:</b> 200m choice <b>MS:</b> 7x (100m as 50 easy swim, 50 easy kick on 20" rest) <b>EP:</b> RPE 50-60% <b>CD:</b> 100m easy choice	<b>Run, Hills, 30'</b> <b>WU:</b> 15' easy <b>MS:</b> 5x (30" uphill strong effort, 90" easy jog/walk down between) <b>EP:</b> RPE 85-90% <b>CD:</b> 5' easy	<b>Swim, 1200m</b> <b>WU:</b> 300m choice, 100m kick <b>MS:</b> 12x (50m fast on 30" rest) <b>EP:</b> 85-90% <b>CD:</b> 200m choice	<b>Bike, Hills, 1 h</b> <b>WU:</b> 30' easy <b>MS:</b> 5x (1' uphill strong effort, 2' easy) <b>EP:</b> RPE 85-90% <b>CD:</b> 15' easy	Off	<b>Run, 1 h</b> <b>WU:</b> 15' easy <b>MS:</b> 40' at HP <b>EP:</b> RPE 65-75% <b>CD:</b> 5' easy  <b>Swim, OW, 25'</b> <b>WU:</b> 5' easy mixed strokes <b>MS:</b> 15' at GP <b>EP:</b> RPE 65-75% <b>CD:</b> 5' easy mixed strokes	<b>Race simulation, Bike/Run, 1 h 40'</b> <b>WU:</b> 20' easy <b>MS:</b> 60' at GP <b>EP:</b> RPE 65-75% <b>CD:</b> 10' easy  <b>Run, OTB, 10'</b> <b>EP:</b> RPE 65-75%
<b>W 5</b>	<b>Swim, 2000m</b> <b>WU:</b> 300m choice, 100m kick <b>MS:</b> 4x (300m easy pull on 15" rest) 200m easy kick on 10" rest <b>EP:</b> RPE 50-60% <b>CD:</b> 200m easy choice	<b>Run, Hills, 45'</b> <b>WU:</b> 15' easy <b>MS:</b> 5x (1' uphill strong effort, 2' easy jog/walk down between) <b>EP:</b> RPE 85-90% <b>CD:</b> 15' easy	<b>Swim, 1800m</b> <b>WU:</b> 300m choice, 200m kick <b>MS:</b> 3x 100m (strong effort on 30" rest), 300m easy pull on 30" rest, 3x 100m (strong effort on 30" rest), 300m easy pull on 30" rest <b>EP:</b> Varied <b>CD:</b> 100m choice	<b>Bike, Hills, 1 h</b> <b>WU:</b> 20' easy <b>MS:</b> 5x (2' uphill strong effort, 3' easy) <b>EP:</b> RPE 85-90% <b>CD:</b> 15' easy	Off	<b>Run, 1 h 30'</b> <b>WU:</b> 15' easy <b>MS:</b> 70' at HP <b>EP:</b> RPE 65-75% <b>CD:</b> 5' easy  <b>Swim, OW, 40'</b> <b>WU:</b> 5' easy mixed strokes <b>MS:</b> 4x (8' at GP, 30" rest) <b>EP:</b> RPE 65-75% <b>CD:</b> OW 3' easy mixed strokes	<b>Race simulation, Bike/Run, 2 h 50'</b> <b>WU:</b> 30' easy <b>MS:</b> 2x (45' at GP, 5' easy) <b>EP:</b> RPE 65-75% <b>CD:</b> 20' easy  <b>Run, OTB, 20'</b> <b>EP:</b> RPE 65-75%
<b>W 6</b>	<b>Swim, 1200m</b> <b>WU:</b> 200m choice, 100m kick <b>MS:</b> 6x (100m easy pull on 15" rest), 100m easy kick on 10" rest <b>EP:</b> RPE 50-60% <b>CD:</b> 200m easy choice	<b>Run, Hills, 50'</b> <b>WU:</b> 15' easy <b>MS:</b> 7x (1' uphill strong effort, 2' easy jog/walk down between) <b>EP:</b> RPE 85-90% <b>CD:</b> 14' easy	<b>Swim, 2000m</b> <b>WU:</b> 300m choice, 200m kick <b>MS:</b> 10x (100m strong effort on 30" rest), 400 easy pull on 30" rest <b>EP:</b> Varied <b>CD:</b> 100m choice	<b>Bike, Hills, 1 h</b> <b>WU:</b> 20' easy <b>MS:</b> 2x (1' uphill strong effort, 2' easy, 2' uphill strong effort, 3' easy, 3' uphill strong effort, 4' easy) <b>EP:</b> RPE 85-90% <b>CD:</b> 10' easy	Off	<b>Run, 1 h 45'</b> <b>WU:</b> 15' easy <b>MS:</b> 80' at HP <b>EP:</b> RPE 65-75% <b>CD:</b> 10' easy  <b>Swim, OW, 45'</b> <b>WU:</b> 5' easy mixed strokes <b>MS:</b> 3x (12' at GP, 30" rest) <b>EP:</b> RPE 65-75% <b>CD:</b> 4' easy mixed strokes	<b>Race simulation, Bike/Run, 3 h 25'</b> <b>WU:</b> 30' easy <b>MS:</b> 2x (60' at GP, 5' easy) <b>EP:</b> RPE 65-75% <b>CD:</b> 20' easy  <b>Run, OTB, 25'</b> <b>EP:</b> RPE 65-75%

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>W 7</b>	<b>Swim, 1400m</b> <b>WU:</b> 300m choice, 200m kick <b>MS:</b> 3x (200m easy pull on 15" rest), 100m easy kick on 10" rest <b>EP:</b> RPE 50-60% <b>CD:</b> 200m easy choice	<b>Run, Hills, 50'</b> <b>WU:</b> 15' easy <b>MS:</b> 5x (90" uphill strong effort, 2.5' easy jog/walk down between) <b>EP:</b> RPE 85-90% <b>CD:</b> 15' easy	<b>Swim, 2000m</b> <b>WU:</b> 300m choice, 200m kick <b>MS:</b> 20x 50m (strong effort on 20" rest), 400m easy pull on 30" rest <b>EP:</b> Varied <b>CD:</b> 100m choice	<b>Bike, Hills, 1 h 10'</b> <b>WU:</b> 20' easy <b>MS:</b> 5x (3' uphill strong effort, 4' easy) <b>EP:</b> RPE 85-90% <b>CD:</b> 15' easy	Off	<b>Run, 2 h</b> <b>WU:</b> 15' easy <b>MS:</b> 90' at HP <b>EP:</b> RPE 65-75% <b>CD:</b> 15' easy  <b>Swim, OW, 50'</b> <b>WU:</b> 5' easy mixed strokes <b>MS:</b> 5x (8' at GP, 30" rest) <b>EP:</b> RPE 65-75% <b>CD:</b> 5' easy mixed strokes	<b>Race simulation, Bike/Run, 4 h</b> <b>WU:</b> 30' easy <b>MS:</b> 3x (45' at GP, 5' easy) <b>EP:</b> RPE 65-75% <b>CD:</b> 30' easy  <b>Run, OTB, 30'</b> <b>EP:</b> RPE 65-75%
<b>W 8 RECOVERY</b>	<b>Swim, 1200m</b> <b>WU:</b> 100m choice <b>MS:</b> 10x 100m (50m easy swim, 50m easy kick on 20" rest) <b>EP:</b> RPE 50-60% <b>CD:</b> 100m easy choice	<b>Run, Hills, 30'</b> <b>WU:</b> 15' easy <b>MS:</b> 5x (30" uphill strong effort, 90" easy jog/walk down between) <b>EP:</b> RPE 85-90% <b>CD:</b> 5' easy	<b>Swim, 1200m</b> <b>WU:</b> 300m choice, 200m kick <b>MS:</b> 5x 100m (50m fast, 50m easy on 30" rest) <b>EP:</b> Varied <b>CD:</b> 200m choice	<b>Bike, Hills, 1 h</b> <b>WU:</b> 30' easy <b>MS:</b> 5x (1' uphill strong effort, 2' easy) <b>EP:</b> RPE 85-90% <b>CD:</b> 15' easy	Off	<b>Run, 1 h 15'</b> <b>WU:</b> 15' easy <b>MS:</b> 55' at HP <b>EP:</b> RPE 65-75% <b>CD:</b> 5' easy  <b>Swim, OW, 30'</b> <b>WU:</b> 5' easy mixed strokes <b>MS:</b> 20' at GP <b>EP:</b> RPE 65-75% <b>CD:</b> 5' easy mixed strokes	<b>Race simulation, Bike/Run, 2 h 15'</b> <b>WU:</b> 30' easy <b>MS:</b> 75' at GP <b>EP:</b> RPE 65-75% <b>CD:</b> 15' easy  <b>Run, OTB, 15'</b> <b>EP:</b> RPE 65-75%
<b>W 9</b>	<b>Swim, 1500m</b> <b>WU:</b> 200m choice, 100m kick <b>MS:</b> 2x 400m (easy pull on 15" rest), 200m easy kick on 10" rest <b>EP:</b> RPE 50-60% <b>CD:</b> 200m easy choice	<b>Run, Hills, 50'</b> <b>WU:</b> 15' easy <b>MS:</b> 6x (90" uphill strong effort, 2.5' easy jog/walk down between) <b>EP:</b> RPE 85-90% <b>CD:</b> 11' easy	<b>Swim, 2000m</b> <b>WU:</b> 300m choice, 200m kick <b>MS:</b> 10x 50m (strong effort on 20" rest), 5x 100m (strong effort on 20" rest), 400m easy pull on 30" rest <b>EP:</b> Varied <b>CD:</b> 100m choice	<b>Bike, Hills, 1 h 15'</b> <b>WU:</b> 20' easy <b>MS:</b> 8x (2' uphill strong effort, 3' easy) <b>EP:</b> RPE 85-90% <b>CD:</b> 15' easy	Off	<b>Run, 2 hs 10'</b> <b>WU:</b> 15' easy <b>MS:</b> 1 h 40' at HP <b>EP:</b> RPE 65-75% <b>CD:</b> 15' easy  <b>Swim, OW, 50'</b> <b>WU:</b> 5' easy mixed strokes <b>MS:</b> 2x (20' at GP, 30" rest) <b>EP:</b> RPE 65-75% <b>CD:</b> 5' easy mixed strokes	<b>Race simulation, Bike/Run, 4 h</b> <b>WU:</b> 30' easy <b>MS:</b> 2x (70' at GP, 5' easy) <b>EP:</b> RPE 65-75% <b>CD:</b> 30' easy  <b>Run, OTB, 30'</b> <b>EP:</b> RPE 65-75%
<b>W 10</b>	<b>Swim, 1700m</b> <b>WU:</b> 300m choice, 200m kick <b>MS:</b> 800m easy pull on 15" rest, 200m easy kick on 10" rest <b>EP:</b> RPE 50-60% <b>CD:</b> 200m easy choice	<b>Run, Hills, 55'</b> <b>WU:</b> 15' easy <b>MS:</b> 5x (2' uphill strong effort, 3' easy jog/walk down between) <b>EP:</b> RPE 85-90% <b>CD:</b> 15' easy	<b>Swim, 2000m</b> <b>WU:</b> 300m choice, 200m kick <b>MS:</b> 14x 100m strong effort on 20" rest <b>EP:</b> RPE 85-90% <b>CD:</b> 100m choice	<b>Bike, Hills, 1 h 20'</b> <b>WU:</b> 20' easy <b>MS:</b> 6x (3' uphill strong effort, 4' easy) <b>EP:</b> RPE 85-90% <b>CD:</b> 18' easy	Off	<b>Run, 2 hs 20'</b> <b>WU:</b> 15min easy <b>MS:</b> 2x (50' at HP, 5' easy) <b>EP:</b> RPE 65-75% <b>CD:</b> 15' easy  <b>Swim, OW, 50'</b> <b>WU:</b> 5' easy mixed strokes <b>MS:</b> 40' at GP <b>EP:</b> RPE 65-75% <b>CD:</b> 5' easy mixed strokes	<b>Race simulation, Bike/Run, 4 h 30'</b> <b>WU:</b> 30' easy <b>MS:</b> 2x (85' at GP, 5' easy) <b>EP:</b> RPE 65-75% <b>CD:</b> 30' easy  <b>Run, OTB, 30'</b> <b>EP:</b> RPE 65-75%
<b>W 11</b>	<b>Swim, 1700m</b> <b>WU:</b> 200m choice, 100m kick <b>MS:</b> 1000m easy pull on 15" rest, 200m easy kick on 10" rest <b>EP:</b> RPE 50-60% <b>CD:</b> 200m easy choice	<b>Run, Hills, 60'</b> <b>WU:</b> 15' easy <b>MS:</b> 10x (1' uphill strong effort, 2' easy jog/walk down between) <b>EP:</b> RPE 85-90% <b>CD:</b> 15' easy	<b>Swim, 2500m</b> <b>WU:</b> 200m choice, 100m kick <b>MS:</b> 20x 100m strong effort on 20" rest <b>EP:</b> RPE 85-90% <b>CD:</b> 200m choice	<b>Bike, Hills, 1 h 20'</b> <b>WU:</b> 20' easy <b>MS:</b> 5x (4' uphill strong effort, 5' easy) <b>EP:</b> RPE 85-90% <b>CD:</b> 15' easy	Off	<b>Run, 1 h 15'</b> <b>WU:</b> 15' easy <b>MS:</b> 45' at HP <b>EP:</b> RPE 65-75% <b>CD:</b> 15' easy  <b>Swim, OW, 50'</b> <b>WU:</b> 5' easy mixed strokes <b>MS:</b> 40' at GP <b>EP:</b> RPE 65-75% <b>CD:</b> 5' easy mixed strokes	<b>Race simulation, Bike/Run, 1 h 40'</b> <b>WU:</b> 20' easy <b>MS:</b> 60' at GP <b>EP:</b> RPE 65-75% <b>CD:</b> 10' easy <b>Run, OTB, 10'</b> <b>EP:</b> RPE 65-75%
<b>W 12 RACE</b>	<b>Swim, 1000m</b> <b>WU:</b> 200m choice, 100m kick <b>MS:</b> 12x 50m pull on 20" rest <b>EP:</b> RPE 50-60% <b>CD:</b> 100m easy choice	<b>Run, Hills, 30'</b> <b>WU:</b> 15' easy <b>MS:</b> 5x (30" uphill strong effort, 90" easy jog/walk down between) <b>EP:</b> RPE 85-90% <b>CD:</b> 5' easy	<b>Swim, 1200m</b> <b>WU:</b> 300m choice, 200m kick <b>MS:</b> 5x 100m strong effort on 20" rest <b>EP:</b> RPE 85-90% <b>CD:</b> 200m choice	<b>Bike, Hills, 45'</b> <b>WU:</b> 20' easy <b>MS:</b> 5x (1' uphill strong effort, 2' easy) <b>EP:</b> RPE 85-90% <b>CD:</b> 10' easy	Off	<b>Pre-Race Activation</b> <b>Run</b> 10' easy, <b>Bike</b> 20' easy-check to make sure bike is in good working order, <b>Swim</b> 10' at the race site — make sure to check swim start and exit as well as transition area flow	<b>RACE DAY</b> Good luck! 🍀

# Training for Your First 70.3

If you have always wanted to train for a half-Ironman here is your chance

**T**his beginner Half Ironman training program is designed to have you ready for a 70.3 Half Ironman in 12 weeks. During this program you will have three to four exposures in each sport each week. The program runs on a four week cycle (three weeks building/training load, one week recovery/adaptation). The program is progressive meaning each week builds in volume as your fitness improves. Consistency is crucial for success so do your best to really commit to the entire program. Intensity recommendations are for entry level triathletes looking to complete a 70.3. It is very important that you establish what that intensity is for you either through a Functional Threshold Power (FTP) test or a similar test.

## LEGEND

**OW** – Open water

**OTB** – Off the bike

**WU** – Warm up

**MS** – Main set

**CD** – Cool down

**GP** – Goal race pace/effort

**HP** – Half Ironman pace/effort

**EP** – Effort Parameters

**RPE** – Rate of Perceived Exertion on a scale of 1-10 or 1-100% effort

**Fast** – 85-90% effort

**Strong Effort** – 85-90% effort goal race pace/effort

**Easy** – 50-60% effort

**Descending** (swim sets) – Get faster with each repetition

' – indicates minutes

" – indicates seconds

**Choice** – Choose any stroke or kicking combination you like in a swim workout

## NUTRITION TIPS

Nutrition is incredibly important during longer events. Everyone is different but there are some simple guidelines you can follow. My recommendation is to start with these numbers and troubleshoot from there. You may find this is too much or too little so adjust accordingly. All of your longer weekend "race simulation" workouts should include nutrition practice as well.

### **Aim for the following:**

- 500-1000 ml of fluid per hour
- 50-75 g carbohydrate per hour
- 500-1000 mg sodium per hour