

Half-Ironman 12 Week Training Plan

BY **JASPER BLAKE** – Ironman Champion, Triathlon Canada Long Distance Athlete of the Year, 5 x Ontario Triathlete of the Year, Triathlon and Multisport Coach in Victoria, B.C. [@B78COACHING](#) [B78COACHING](#) [f B78COACHING](#)

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

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

Training for Your First 70.3

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

This 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