

12-WEEK 70.3 TRAINING PLAN

WK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Off	Swim 1500 m, 100 m swim, 100 m pull, 200 m swim with fins, 10 x 25 m fast with 25 m easy recovery swim (any stroke), 2 x 200 m pull with 1 min R, 200 m CD	Run 45 min, 10 min WU easy pace, 8 x 30 hill sprints on a steep hill, 1 min downhill recovery, easy run rest of time	Swim 1200 m swim comfortably in the pool or in the lake with a wetsuit	Bike 60 min hill work, 30 min WU, 3 x 6 min hard uphill, recover downhill, CD rest of time	Run 60 min, easy run on flat road.	Bike 90 min steady on a hilly route
2	Off	Swim 1500 m, 500 m WU, swim/kick/swim/kick/swim 100 m each 8 x 100 m with 10 sec rest after each 100 m, 200 m CD	Bike 60 min Just ride steady Run 15 min off the bike	Run 45 min hill work, 15 min WU, 15 min hill repeats, 15 min CD	Swim 1750 m swim in lake in a wetsuit	Run 70 min, easy run on flat road.	Bike 90 min with hill repeats, 30 min WU, 5 x 6 min uphill; steady rest of time
3	Off	Swim 1750 m, steady in the lake with a wetsuit	Bike 75 min Just ride steady Run 15 mn off the bike	Run 50 min, 15 min WU, 20 min hill repeats, 15 min CD	Swim 1750 m, 500 m WU, 10 X 50 m hard effort, 10 sec recovery between intervals, steady rest of time	Run 75 min, 20 min WU, 30 min at HM-race pace, 20 min easy	Bike 90 min hill repeats, 30 min WU, 6 x 6 min uphill, steady rest of time
4	Off	Swim 1500 m, steady in the lake with a wetsuit	Bike 60 min Just ride steady Run 15 min off the bike	Run 45 min hill work, 15 min WU, 15 min hill repeats, 15 min CD	Swim 1500 m, 500 m WU, 500 m at race pace, 500 m CD	Run 45 min, easy run	Ride 60 min comfortably, run 15 min off the bike
5	Off	Swim 1900 m in the lake, 500 m WU, 5 x 100 m at race pace, swim relaxed rest of time.	Bike 75 min, 30 min ride steady, 30 min at race pace, 15 min CD, run 15 min off the bike	Run 60 min speed work, 15 min WU, 3 x 1000 m at 80% effort, easy run rest of time	Swim 1900 m, 500 m WU, 7 x 100 m hard effort, 10 sec recovery between intervals, 6 x 50 m hard effort, 5 sec recovery between intervals, easy rest of time	Run 80 min, 30 min WU, 30 min at HM race pace, 20 min CD	Bike 90 min speed work on flat road, 30 min WU, 5 x 6 min hard effort, 2 min easy between intervals, 30 min CD, run 15 min off the bike
6	Off	Swim 2000 m, 600 m WU choice, 2 x (300 m pull, 30 sec R, 200 m swim fins, 20 sec R, 100 m swim, 30 sec R), 200 m CD	Bike 75 min on rolling hills, 20 min steady, 3 x 10 min at 80% effort, 2 min easy ride between intervals, CD rest of time	Run 60 min speed work, 15 min WU, 4 x 1000 m at 80% effort, easy run rest of time	Swim 1500 m, swim at the lake, just swim steady	Run 90 min steady and comfortable	Bike 150 min rolling hills, 30 min WU, 6 x 6 min hard effort in TT position, 2 min easy between intervals, easy rest of time, run 15 min off the bike
7	Off	Swim 1600 m, 500 m WU choice, 3 x (200m pull, 30 sec R, 200 m swim fins, 20 sec R, 100 m swim, 30 sec R), 200 m CD	Bike 90 min, 30 min WU, 30 min hill repeats, 5 min uphill hard effort, easy ride rest of time, run 15 min off the bike	Run 60 min speed work, 15 min WU, 3 x 1600 m at 80% effort; easy run rest of time	Swim 2000 m in the lake, 500 m WU, 1000 m at race pace, 500 m steady swim	Run 90 min steady and comfortable	Bike 120 min, 30 min WU, 5 x 10 min hard effort at 80% in TT position, 3 min easy between intervals, run 20 min off the bike
8	Off	Swim 1500 m, steady in the lake with wetsuit - 500 m comfortable swim, 500 m race pace, 500 m comfortable	Bike 60 min, 15 min steady, 15 min hard, 15 min easy, 15 min hard, run 15 min off the bike	Run 45 min, just run easy and steady	Swim 2000 m in the pool, 500 m WU, 5 x 200 m with buoy, 20 sec rest between intervals, 500 m easy	Run 60 min, if you can, run part of the course of the race course you will be doing	Bike 90 min, 30 min WU, 45 min hilly route, hard uphill, recover downhill
9	Off	Swim 2000 m at the lake steady and comfortable	Bike 90 min flat, 30 min WU, 3 x 15 min race pace, 3 min easy between intervals, run 15 min off the bike	Run 60 min speed work, 15 min WU, 2 x 3,200 m at 80% effort, easy run rest of time	Swim 2200 m at the lake. Practise your transtion from swim to bike. Get out of the water and out of your wetsuit as quick as possible. Get into your bike gear	Run 45 min easy	Race-day prep: Bike 150 min, 45 min WU, 60 min at race pace, 15 min steady, run 60 min off the bike, practise bike to run transition
10	Off	Swim 2500 m in the lake, 500 m WU, 3 x 300 m race pace, 1 min easy between intervals, easy rest of distance	Bike 90 min, 15 min WU, 60 min hill repeats, 15 min CD, 15 min run off the bike	Run 60 min speed work, 15 min WU, 5 x 1000 m at 80% effort, easy run rest of time	Swim 2000 m at the lake, practice getting out of your wetsuit as quickly as possible	Run 75 min, 15 min WU, 30 min at HM race pace; 15 min CD	Bike between 100 km and 110 km steady, run 30 min off the bike
11	Off	Swim 2000m at the lake swim steady and comfortable	Bike 90 min, 15 min WU, 3 x 15 min hard, 3 min easy between intervals, run 15 min easy off the bike	Run 60 min speedwork, 15 min WU, 8 x 800 m 90% effort, 2 min easy between intervals, CD rest of time	Swim 2500 m at the lake swim comfortably	Run 90 min, 15 min WU, 5 x 10 min at race pace; 1 min easy between intervals, 15 min CD	Ride 310 min between 90 km and 100 km, run 20 min off the bike
12	Off	Swim 1500 m in pool, 500 m WU, 10 x 50 m above race pace with pull buoy, 500 m CD	Bike 60 min steady, run 15 min off the bike	Run 30 min easy	Swim 1000 m, swim at the lake, steady in the morning run 30 min in the afternoon	Swim 20 min, bike 30 min, run 20 min. Check in bike and get your gear ready for the next day. Eat and drink well. Try and get a good night sleep.	RACE DAY 🏁