

12-WEEK 70.3 TRAINING PLAN

WK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Off	Run 45 min: 10 x 1 min at 10 km race pace with 2 min easy jog between	Swim 1,500 m: 100 swim, 100 pull, 200 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	Bike 60 min: 6 x 3 min working harder every minute with 3 min easy spin between in TT position	Swim 1,500 m distance swim or open water swim with wetsuit	Run 60 min easy (40 min at MP)	Bike 90 min easy (40 km flat)
2	Off	Run 60 min easy	Swim 1,750 m: 200 swim, 200 pull, 200 kick fins, 3 x 100 m with 30 sec R, 4 x 50 m with 20 sec R, 6 x 25 m with 15 sec R, 300 pull paddles building speed each 100 m, 150 m CD	Bike 60 min Main Set: 2 x (10 x 30 sec hard effort or FTP + 20% in TT position with 90 sec easy). Between sets ride easy for 5 min	Swim 1,750 m distance swim	Run 75 min easy (MP)	Bike 120 min easy spin
3	Off	Run 45 min: 10 x 90 sec at 10 km race pace with 90 sec jog between	Swim 1,500 m: Test Set of 10 x 100 m with 15 sec R (average pace)	Bike 60 min easy spin	Swim Long 2,000 m open water in wetsuit or 50 m pool	Bike 120 min then Run 45 min easy (last 60 min of bike at 70.3 effort)	Off
4	Swim 1,500 m easy choice	Run 60 min WU 20 min then do 30 min of 2 min strong then 3 min easy, CD 10 min	Swim 2,000 m: 600 warm up choice, 2 x (300 pull, 30 sec R, 200 swim fins, 20 sec R, 100 swim, 30 sec R), 200 CD	Bike 90 min: 6 x 5 min at FTP in TT Position with 3 min easy between	Off	Run 90 min easy then Swim 1,500 m right after (open water in wetsuit or mostly pull in pool)	Bike 120 min easy
5	Off	Run 60 min hilly terrain, working hard on all ups and easy on downs and flats	Swim 2,000 m: 500 m WU, 10 x 75 m getting faster every 25 m with 20 sec R	Bike 60 min: 20 min at 70.3 effort in TT position, 5 min easy, 15 min at 70.3 effort, 4 min easy, 10 min at 70.3 effort, 3 min easy, 5 min at 70.3 effort, CD 10 min	Swim Long 2,000 m open water in wetsuit or 50 m pool	Run 60 min easy then swim 2,000 m continuous	Bike 150 min easy 60 km+
6	Off	Run 60 min: 10 x 2 sec at 10 km race pace with 2 min easy jog between	Swim 2,000 m 400 m: WU, 5 x 200 m with 45 sec rest at race pace effort, 400 m pull doing 75 m easy, 25 m fast repeating, 200 m CD	Bike 45 min 10 x 30 sec hard effort (FTP + 20%) with 60 sec rest	Swim 750 m Run 30 min easy	Race brick simulation: bike 120 min (50 km+) then run 60 min (10 km+)	Off
7	Swim 1,500 m easy choice	Bike 45 min easy then Run 15 min easy	Swim 2,200 m: 400 m swim, 1 min R, 400 m pull, 1 min R, 300 m swim, 50 sec R, 300 m pull, 50 sec R, 200 m swim, 40 sec R, 200 m pull, 40 sec R, 100 m swim, 30 sec R, 100 m pull, 200 m CD	Bike 45 min: 3 x 5 min at FTP with 3 min easy between then run 15 min at race pace	Swim Long 2,000 m open water in wetsuit or 50 m pool	Run 105 min easy (18 km+)	Bike 90 km on race course if possible or similar profile
8	Off	Run 60 min: 10 x 3 min at 10 km race pace with 2 min rest	Swim 2,500 m: 250 m WU, 4 x 500 m doing 75 m cruise, 25 m fast repeating with 1 min rest, 250 m CD	Bike 45 min easy recovery ride	Swim 2,500 m open water, practice sighting	Run 22 km easy, then swim 1,500 m pool swim	Bike 60-90 min recovery ride
9	Off	Bike 45 min: Easy then run 15 min easy	Swim 1,500m: Test Set of 10 x 100 m with 15 sec rest (average pace)	Bike 60 min easy spin with 10 x 1 min efforts at FTP with 3 min easy between	Swim 2,000 m open water doing 10 sets of 20 strokes hard, 20 strokes easy	Off	Olympic triathlon or simulation: swim 1,500 m, bike 40 km, run 10 km *Practice set up, transitions and pacing
10	Off	Bike 45 min easy then run 15 min	Swim 1,500 m recovery focus	Run 45 min easy	Swim 3,000 m open water (over distance swim)	Run 60 min easy	Bike 100-120 km easy (over distance bike)
11	Off	Run 60 min 6 x 5 min at HMP with 2 min easy	Swim 2,500 m: 250 m WU, 6 x 300 m doing 50 cruise 50 fast repeating with 1 min rest, (odd lengths swim, evens pull), 250 m CD	Bike 90 min 20 x 2 min at 30 min TT effort (FTP) with 2 min easy between	Swim 2000 m open water with 6 sets of 30 strokes hard, 30 strokes easy	Run 45 min with 3 x 5 min at HMP pace with 3 min easy between	Bike 60 min easy (if possible bike the race run course) then run 10 min at race pace
12	Off	Bike 45 min: 3 x 5 min at race effort with 3 min easy between then run 15 min easy	Swim 1,500 m 10 x 50 m faster than race pace with 15 min R	Run 30 min easy with 5 min at HM effort	Bike 45 min easy with 10 min at race effort then swim 1,000-1,500 m open water	Run 20 min in the AM Swim 500 m open water, bike check in for Race Day	RACE DAY 🏊