

Training for Your First 70.3

A graduated program to prepare you for a successful race

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 HUMANPOWERDRACING  HPREVENTS

Victoria Half, Olympic & Sprint Triathlon

This 12-week 70.3 training program is designed for the athlete that is looking to make the jump up in distance from sprint or standard distance triathlons.

This program will take the athlete through three four-week blocks of training consisting of three build weeks and one week of recovery/adaptation. Each build week will have a theme—strength, turnover/speed and tempo. Each recovery week will allow the athlete to shed some of the built-up fatigue and test their aerobic capacity.

The goal is to increase your aerobic efficiency and strength, giving you the confidence to stand on the water's edge knowing that you are fully prepared for the day ahead.

Most of the workouts on this schedule (excluding swims) will be given in terms of time not distance. Although this is the general rule, there will be exceptions when we get into threshold workouts, time trials and aerobic efficiency tests.

Your schedule will have terms incorporated into it that many of you may not be familiar with. These are some of the common terms and acronyms that you will see.

Aerobic – For those that have heart rate monitors (a tool I suggest everyone invest in) I consider aerobic to be 75 per cent of your maximum heart rate. This is not 100 per cent accurate for everyone, but as a general rule it is usually quite close. Another way to work out this heart rate is the MAF method, explained here: <https://philmaffetone.com/180-formula/>

Lactate testing is the gold standard for setting zones, so if you have access to this type of testing you can dial in your training zones with even greater accuracy.

You will often find that one of three words will follow aerobic on the schedule: **aerobic base**, **aerobic endurance**, **aerobic recovery**. The word that accompanies aerobic is there to give you the purpose and goal of the workout. You will want to stay at MAF or below for each of these workouts, but it is important that you approach each workout clear on the purpose and objective.

Tempo – This is an often misinterpreted term. Tempo is that work that is right above your aerobic limit. I consider this to be

80 – 85 per cent of your maximum heart rate. Tempo workouts will be efforts that are slightly longer in duration (10 – 20 minutes to begin) and they will have you swimming, biking or running at a pace that is slightly higher than your aerobic pace. These are efforts that are slightly uncomfortable, but they should become sustainable for longer and longer periods of time as we move through the program.

Threshold – This type of workout is shorter in duration, and this is often where we will get into using set distances to monitor and track pace times etc. (i.e. 3x 1 kilometre, 2x 2 kilometre, etc.) In these workouts your heart rate should be in the 85 – 95 per cent range. The ability to spend time here for longer periods of time can push your anaerobic threshold higher so that you can work at a higher percentage of maximum for longer periods of time. These workouts hurt, take longer to recover from and only appear at certain times of the year to give you speed.

Speed Intervals/Hills – These are the workouts where you can leave the heart rate monitor at home and maximum efforts are expected. Speed intervals and hills are generally never any longer than one to two minutes and they are designed to have you generating maximum power and effort. Short hill efforts on the run are a perfect example of this type of workout.

Strength/Core/Hips – There are many great triathlon strength programs that can be found online. Often time is a limiting factor, so I highly recommend prioritizing hip/core strength at the minimum. A strong core and hips are essential to efficiency and resilience over long-distance racing.

LEGEND

MRI	Minute rest interval	WU	Warm-up
SRI	Second rest interval	MS	Main set
Fartlek	Speed play	CD	Cool down
Brick	Run off of bike	MAF	Maximum Aerobic Function

12-Week 70.3 Training Plan

	MON	TUE	WED	THU	FRI	SAT	SUN
W1 STRENGTH	Swim: 30 min - 10 min swim/kick mix as 100 swim/ 50 kick MS: 2 (4x 50 @15 SRI 2x 100 @20 SRI - 200 pull @1 min rest) - CD - 5 min mix Bike: 45 min - aerobic base, smooth @85 - 95 rpm	Run: 45 min aerobic base with strides - 6x 60 m acceleration strides to finish Strength: 20 min core/hips	Bike: 1:00 - big gear intervals 15 min WU, 6x 3 min big gear @60 rpm w/2 min recovery spin, 80 - 90 rpm - 15 min CD Swim: 30 min - WU, 200 swim, 100 kick - MS - 10x 25 as DPS @10 SRI (Distance Per Stroke take as few strokes as possible) 5x 50 as 25 FAST/ 25 easy @20 SRI - CD, 100 kick, 200 swim	Run: 45 min - Hills 15 min WU, 6x 60 m strides - 9x 30 sec hill rep, fast up/ walk jog down 15 min CD Strength: 20 min core/hips	Rest	Bike: 2:30 aerobic endurance MAF/Aerobic Heart Rate Transition Run: 20 min	Run: 1:15 aerobic endurance Swim: 1000 m aerobic endurance 5x 200 swim free with 20 SRI
W2 TURNOVER	Swim: 30 min WU - 200 swim, 50 kick, 200 pull, 50 kick MS: 2 (4x 25 FAST @15 SRI 100 strong effort @20 SRI 200 pull long and smooth low stroke count @30 SRI) CD - 5 kick, 200 choice Bike: 45 min - aerobic recovery cadence up/ heart rate down	Run: 45 min aerobic base with strides - 6x 60 m acceleration strides to finish Strength: 20 min core/hips	Bike: 1:00 - cadence build 15 min WU - min @85% / 80 - 85 rpm with 5min recovery 4 min @85% / 85 - 90rpm with 4 min recovery - 3 min @85% / 90 - 95 rpm with 3 min recovery 2 min @85% / 95 - 100 rpm with 2 min recovery - 1 min @85% / 100 rpm+ with 1 min recovery 15 min CD Swim: 30 min - 10 min as 50 m smooth (take 10 SRI after each 50) 10 min pull 100 m smooth (take 20 SRI after each 100) 10 min kick (continuous)	Run: 45 min Fartlek 15 min WU, 6x 60 m strides - 7x 1 min FAST/ 1 min easy jog - 10 min CD Strength: 20 min core/hips	Rest	Bike: 2:45 aerobic endurance MAF/Aerobic Heart Rate Transition Run: 20 min	Run: 1:25 aerobic endurance Swim: 1200 m aerobic endurance 4x 300 swim free with 30 SRI
W3 TEMPO	Swim: 30 min WU - 300 swim mix, 200 kick MS: 6x 50 as 1 FAST/ 1 easy with 20 SRI - 3x 100 @goal race effort with 30 SRI - 300 pull/paddles CD - 200 kick, 300 swim mix Bike: 45 min - aerobic recovery Cadence up/ heart rate down	Run: 45 min aerobic base with strides - 6x 60 m acceleration strides to finish Strength: 20 min core/hips	Bike: 1:00 - Tempo 15 min WU - 2x 10 min @goal race effort standing for 1 min @5 min mark - 5 min recovery after each effort - 15 min CD	Run: 50 min Threshold 15 min WU, 6x 60 m strides - 3x 5 min @10 km effort (85 - 90%) - 2 min recovery walk/jog 10 min CD Strength: 20 min core/hips	Rest	Bike: 70 km aerobic endurance MAF/Aerobic Heart Rate Transition Run: 5 km	Run: 15 km aerobic endurance Swim: 1500 m aerobic endurance 3x 500 swim free with 1 min rest
W4 RECOVERY	Swim: 30 min - Time trial 200 swim, 100 kick, 200 pull, 100 kick - 4x 50 build speed with 15 SRI - 200 time trial CD - 200 choice, 100 kick	Run: 30 min aerobic recovery Strength: 20 min core/hips	Brick: 1:00 - Tempo Bike: 15 min WU - 3x 2 min @HARD interval effort with 3 min recovery spin 10 min @goal race effort Transition: to Run: 15 min as 7:30 out/ 7:30 back (just for rhythm) 5 min cool down on bike	Run: 40 min Strides - 15 min WU - 10 min of 60 m acceleration strides - 15 min CD Strength: 20 min core/hips	Rest	Bike: 2:00 aerobic base Bakery /Social Ride	Run: 10 km aerobic efficiency test - MAF run
W5 STRENGTH	Swim: 40 min WU - 200 swim, 100 kick, 200 pull, 100 kick MS: 4x 100 with 20 SRI - 3x 100 with 15 SRI - 2x 100 with 10 SRI - CD - 200 choice stroke, 100 free Bike: 1:00 - sprints - 15 min WU 6x 15 sec sprint (out of saddle) with 4:45 recovery 15 min CD	Run: 50 min aerobic base with strides - 6x 60 m acceleration strides to finish Strength: 20 min core/hips	Bike: 1:00 - big gear - 15 min WU - 6x 3:30 big gear as 30 sec standing/ 3 min seated @60 rpm 1:30 recovery between sets 15 min CD Swim: 40 min - speed set - 200 swim, 200 pull - 6x 25 as 1 sprint/ 1 easy - 12x 50 as 6x 2 FAST/ 1 easy @1:30 - 6x 2 FAST/ 1 easy @1:30 - 6x 1 FAST/ 2 easy @1:30 fins - 300 pull/paddles	Run: 50 min - Hills - 15 min WU - 6x 60 m acceleration strides - 6x 1 min HARD hill interval Full recovery/walk jog back to start 15 min CD Strength: 20 min core/hips	Rest	Bike: 3:00 aerobic endurance MAF/Aerobic Heart Rate Transition Run: 30 min	Run: 1:35 aerobic endurance Swim: 1500 m aerobic endurance 3x 500 with 1 min rest - 1 swim, 1 pull, 1 fins
W6 TURNOVER	Swim: 40 min WU - 300 swim, 200 kick MS: 400 pull with 40 SRI 4x100 swim strong with 20 SRI - 8x50 1 fast/ 1 easy with 10 SRI - CD - 200 choice Bike: 1:00 - aerobic recovery heart rate down, cadence up	Run: 50 min aerobic base with strides - 6x 60 m acceleration strides to finish Strength: 20 min core/hips	Bike: 1:00 - cadence build 15 min WU - 6x 5 min cadence pyramid - 1 min @90 rpm/ 1 min @100/ 1 min @105/ 1 min @110/ 1 min easy - 15 min CD Swim: 40 min - aerobic 400 swim, 100 kick fins with 1 min rest, 400 pull paddles 100 kick fins with 1 min rest, 400 swim fins, 100 kick fins	Run: 55 min Fartlek - 15 min WU - 6x 60 m acceleration strides 10x 1 min FAST/ 1 min easy jog 10 min CD Strength: 20 min core/hips	Off	Bike: 3:15 aerobic endurance MAF/Aerobic Heart Rate Transition Run: 35 min	Run: 1:45 aerobic endurance Swim: 1500 m aerobic endurance 2x 750 with 2 min rest - 1 swim, 1 pull →

12-Week 70.3 Training Plan Continued

	MON	TUE	WED	THU	FRI	SAT	SUN
W 7 TEMPO	Swim: 40 min WU - 10 min swim mix, 5 min kick mix, 7x 100 best average @3 min 5 min kick mix 5 min swim mix Bike: 1:00 - aerobic recovery Heart rate down, cadence up	Run: 50 min aerobic base with strides 6x 60 m acceleration strides to finish Strength: 20 min core/hips	Bike: 1:00 - Tempo 15 min WU - 2x 12 min goal 70.3 effort 3 min easy spin between efforts 15 min CD Swim: 40 min - speed/aerobic - 200 swim, 100 kick - 4x 200 as 50 fast/ 150 cruise with 1 min rest 100 kick, 200 swim	Run: 55 min Threshold 15 min WU - 6x 60 m acceleration strides 4x 1 km @10 km effort with 1 min rest - 10 min CD Strength: 20 min - core/hips	Off	Bike: 80 km aerobic endurance MAF/Aerobic Heart Rate Transition Run: 7 km	Run: 18 km aerobic endurance Swim: 1500 m aerobic endurance Continuous can pull
W 8 RECOVERY	Swim: 30 min - Time trial 200 swim, 100 kick, 200 pull, 100 kick - 4x 50 build speed with 15 SRI - 200 time trial CD - 200 choice, 100 kick	Run: 30 min aerobic recovery Strength: 20 min core/hips	Brick: 1:00 - Tempo 10 min WU - 3x 2 min @HARD Interval effort with 3 min recovery spin - 15 min @goal race effort Transition run: 20 min @goal race effort	Run: 40 min Strides - 15 min WU 10 min of 60 m acceleration strides - 15 min CD Strength: 20 min core/hips	Off	Bike: 2:00 aerobic base Bakery/Social Ride	Run: 10 km aerobic efficiency test MAF run
W 9 STRENGTH	Swim: 45 min WU - 300 swim, 200 kick - MS 500 pull with 1 min rest - 5x 100 swim with 30 SRI - 10x 50 strong with 10 SRI CD - 200 choice Bike: 1:00 - sprints - 20 min WU - 4x 30 second sprint with 4:30 easy, 20 min CD	Run: 55 min aerobic base with strides, 6x 60 m acceleration strides to finish Strength: 20 min - core/hips	Bike: 1:00 - big gear 15 min WU - 3x 5 min big gear with 5 min recovery 15 min CD Swim: 45 min WU - 200 swim, 100 kick MS - 2 (4x 50 FAST with 15 SRI 200 pull strong 100 kick recovery) 1 min between sets CD - 200 choice	Run: 1:00 - Hills 15 min WU 6x 60 m strides 12x 30 second hill rep - FAST up / easy down 10 min CD Strength: 20 min core/hips	Off	Run/Bike/Run: 3:00 - aerobic endurance 60 min run 60 min bike 60 min run Build to goal race effort over the first 30 min of run, hold for rest of workout	Bike: 2:00 aerobic endurance/ recovery Swim: 2000 m aerobic endurance 4x 500 with 1 min rest between 1 swim, 1 pull, 1 pull/paddles, 1 swim
W 10 TURNOVER	Swim: 45 min WU - 10 min swim, 5 min kick MS - 10x 50 as 1 strong/ 1 easy with 15 SRI - 500 pull CD - 5 min choice Bike: 1:00 - aerobic recovery Heart rate down/ cadence up	Run: 55 min aerobic base with strides 6x 60 m acceleration strides to finish Strength: 20 min core/hips	Bike: 1:00 speed intervals - 15 min WU - 6x 2 min @hard interval effort with 3 min recovery 15 min CD Swim: 45 min - aerobic 400 swim, 100 kick fins with 1 min rest - 400 pull/paddles, 100 kick fins with 1 min rest, - 400 swim fins, 100 kick fins	Run: 55 min Fartleck - 15 min WU - 6x 60 m acceleration strides - 12x 1 min FAST/ 1min easy jog - 10 min CD Strength: 20 min - core/hips	Off	Bike: 3:30 aerobic endurance Aerobic/MAF Heart Rate Transition Run: 30 min	Run: 1:30 aerobic endurance Swim: 2000 m aerobic endurance 2x 1000 m with 2 min rest between 1 swim, 1 pull
W 11 TEMPO	Swim: 45 min WU - 300 swim, 200 kick 6x 50 @15 SRI 2 (4x 100 strong @15 SRI) 1 min between sets CD - 200 kick, 300 swim Bike: 45 min - aerobic recovery Heart rate down, cadence up	Run: 45 min aerobic base with strides 6x 60 m acceleration strides to finish Strength: 20 min core/hips	Bike: 1:00 - Tempo 15 min WU - 30 min @goal race effort - 15 min CD Swim: 45 min WU- 200 swim, 100 kick MS: 2 (4x 50 FAST with 15 SRI 200 pull strong 100 kick recovery) 1 min between sets CD - 200 choice	Run: 45 min - Threshold 15 min WU - 6x 60 m acceleration strides 5 min race pace, 2 min easy jog, 3 min race pace, 2 min easy jog, 2 min race pace, 2 min easy jog, 1 min race pace 10 min CD Strength: 20 min core/hips	Off	Bike: 2:00 aerobic endurance Aerobic/MAF Heart Rate Transition Run: 15min	Run: 1:00 aerobic endurance Swim: 2000 m aerobic endurance Continuous
W 12 TAPER	Swim: 40 min WU - 200 swim, 100 kick MS: 2 (4x 50 FAST with 15 SRI 200 pull strong 100 kick recovery) 1 min between sets CD - 200 choice	Run: 30 min - race prep/loosening 6x 60 m acceleration strides to finish Strength: 20 min - core/hips	Brick: 1:00 - race prep 15 min WU - 4x 4 min @goal race effort, 4 min recovery Transition run: 13 min Swim: 30 min 200 swim, 100 kick 100 kick - 5x 100 build speed with 15 SRI, 100 kick, 200 swim	Run: 40 min race prep/fartlek 15 min WU 6x 60 m acceleration strides - 5x 1 min FAST/ 1 min easy jog 5 min @goal race effort 10 min CD Strength: 20 min core/hips	Off	Swim: 20 min race prep Bike: 20 min race prep Run: 20 min race prep	RACE DAY Good luck! 🍀