

# IMPACT




MAGAZINE

## 12 Weeks to Improve your 70.3 Performance

A graduated training plan to help you achieve your goals

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Harmony IRONMAN 70.3 Calgary



This 12-week training plan is designed for intermediate-level athletes who have experience at longer distances and who are looking to improve their 70.3 distance times. The plan operates on a four-week cycle meaning there will be three weeks of progressive training load followed by an easier/adaptation week. The last four-week cycle (weeks 9-12) will see 2.5 weeks of progressive load followed by a 10-day recovery/taper phase.

Many of the workouts in this training plan are repetitive and progressive. This is by design. The goal is to establish a routine that you can be consistent with. Often simplicity is the best course of action.

This training plan has been built using Rate of Perceive Exertion or RPE for short. The RPE scale is 1-10 whereby 1 is very easy and 10 is best effort. When designated for a workout, RPE ratings apply to the main set—please do warm-ups and cool downs easy. RPE 3-5 activation sets in the warm-up should be done with higher RPE to warm up for the set that is coming. A RPE of 8-8.5 can be roughly correlated to your Functional Threshold Power or FTP on the bike and your running threshold effort or pace.

The workouts, with some higher intensity on the bike and run, are designated to be done on hilly terrain. If you don't have access to hills, the workouts can be done on flat terrain using the same RPE scale.

Where there are two workouts a day, these can be done at opposite ends of the day. The Saturday bike/run is a brick workout—do the run immediately after the bike. The easy swim on Saturday can be done either immediately after the brick or a little later.

On the Saturday before race day there are two options for the swim—one done in your normal setting/pool and the other is an open water option should you wish to use the race venue.

### LEGEND

<b>WU</b>	Warm-up	<b>MS</b>	Main set
<b>CD</b>	Cool down	<b>TT</b>	Time trial

# 12-WEEK 70.3 TRAINING PLAN - WEEK 1-4

	MON	TUE	WED	THU	F	SAT	SUN
1	Swim, Recovery 1500m (RPE 3-5) WU: 200m choice, 100m kick MS: TWO ROUNDS 4x 50m on 15 sec rest descending (get faster) 1-4. 200m easy pull without paddles, 100m easy kick. CD: 200m choice.	Swim, Threshold 2000m (RPE 8-9) WU: 300m choice, 100m kick. 4*50m as 25 fast, 25 easy on 15 sec rest. 100m easy choice MS: 20*50m strong and steady on 15 sec rest CD: 300 m choice	Bike, Endurance 2 hrs (RPE 6-7) WU: 20 min easy MS: 90 min easy/steady, should be able to carry on a conversation CD: 10 min easy	Swim, Endurance 2500m (RPE 6-7) WU: 200m choice, 100m kick, 200m with a pull buoy as 25 scull, 25 pull without paddles, 100m kick MS: 5*300m pull on 30 sec rest 100m easy back/free 8*25m fast on , 15 sec rest CD: 100m easy choice	Day off	Bike, Race Specific Prep 2 hrs-15 min (RPE 7-8) WU: 30 min easy MS: 5*(10 min at race pace/power/effort, 5 min easy) CD: 15 min easy	Run, Endurance 75 min (RPE 6-7) WU: 10 min easy MS: 60 min easy/ steady, should be able to carry on a conversation CD: 5 min easy
	Bike, Recovery/RPM 45 min (RPE 3-5) WU: 10 min easy MS: 5*(4 min easy at 80-90rpm, 1 min easy at 95+rpm) CD: 10 min easy	Run, Hills 45 min (RPE 8-10) WU: 20 min easy to the base of a suitable hill. MS: 10*(30 sec uphill strong/fast, 90 sec easy down) CD: 5 min easy	Run, Recovery-30 min (RPE 3-5) easy cruise-technically engaged	Bike, Hills 90 min, (RPE 8-9) WU: 20 min easy, 4*(30 sec spin up over 100 rpm, 90 sec easy) 2 min easy MS: 5*(3 min strong/hard effort uphill, 4 min easy down) CD: 25 min easy		Run, Off the Bike 15 min (RPE 7-8) 5 min easy, 5 min at race pace/effort, 5 min easy	Swim, Endurance 2200m (RPE 6-7) WU: 300m choice 200m kick MS: 3*500m swim with 1 min rest between CD: 200m easy choice
2	Swim, Recovery 1500m (RPE 3-5) WU: 200m choice, 100m kick MS: TWO ROUNDS 4*50m on 15 sec rest descending (get faster) 1-4. 200m easy pull without paddles, 100m easy kick. CD: 200m choice	Swim, Threshold 2400m (RPE 8-9) WU: 200m choice, 100m kick. 4*50m as 25 fast, 25 easy on 15 sec rest, 100m easy choice MS: 24*50m strong and steady on 15 sec rest CD: 200m choice	Bike, Endurance 2 hrs (RPE 6-7) WU: 20 min easy MS: 90 min easy/steady, should be able to carry on a conversation CD: 10 min easy	Bike, Hills 90 min (RPE 8-9) WU: 20 min easy, 4*(30 sec spin up over 100 rpm, 90 sec easy) 2 min easy. MS: 5*(3 min strong/hard effort uphill, 4 min easy down) CD: 25 min easy	Day off	Bike, Race Specific Prep 2 hrs 50 min- (RPE 7-8) WU: 30 min easy MS: 3*(20 min at race pace/power/effort, 10 min easy) CD: 30 min easy	Run, Endurance 90 min (RPE 6-7) WU: 10 min easy MS: 75 min easy/ steady, should be able to carry on a conversation CD: 5 min easy
	Bike, Recovery/RPM 45 min (RPE 3-5) WU: 10 min easy MS: 5*(4 min easy at 80-90 rpm, 1 min easy at 100+rpm) CD: 10 min easy	Run, Hills 45 min (RPE 8-10) WU: 20 min easy to the base of a suitable hill. MS: 10*(30 sec uphill strong/fast, 90 sec easy down) CD: 5 min easy	Run, Recovery 30 min (RPE 3-5) easy cruise, technically engaged	Bike, Hills 90 min (RPE 8-9) WU: 20 min easy 4*(30 sec spin up over 100 rpm, 90 sec easy), 2 min easy. MS: 5*(3 min strong/hard effort uphill, 4 min easy down) CD: 25 min easy		Run, Off the Bike 20 min (RPE 7-8) 5 min easy. 10 min at race pace/effort 5 min easy	Swim, Endurance 2500m (RPE 6-7) WU: 300m choice 200m kick MS: 3*600m swim with 1 min rest between CD: 200m easy choice
3	Swim, Recovery 1500m (RPE 3-5) WU: 200m choice. 100m kick MS: TWO ROUNDS 4*50m on 15 sec rest descending (get faster) 1-4. 200m easy pull without paddles. 100m easy kick. CD: 200m choice	Swim, Threshold. 2300m (RPE 8-9) WU: 200m choice, 100m kick. 4*50m as 25 fast, 25 easy on 15 sec rest. 100m easy choice MS: 30*50m strong and steady on. 15 sec rest CD: 200m choice	Bike, Endurance 2 hrs (RPE 6-7) WU: 20 min easy MS: 90 min easy/steady, should be able to carry on a conversation CD: 10 min easy	Swim, Endurance 2500m (RPE 6-7) WU: 200m choice 100m kick. 200m with a pull buoy as 25 scull, 25 pull without paddles. 100m kick MS: 5*300m pull on 30 sec rest. 100m easy back/free 8*25m fast on. 15 sec rest CD: 100m easy choice	Day off	Bike, Race Specific Prep 3 hrs 25 min (RPE 7-8) WU: 30 min easy MS: 4*(20 min at race pace /power/effort, 10 min easy) CD: 30 min easy	Run, Endurance 1 hr 45 min (RPE 6-7) WU: 10 min easy MS: 90 min easy/ steady- should be able to carry on a conversation CD: 5 min easy
	Bike, Recovery/RPM 45 min (RPE 3-5) WU: 10 min easy. MS: 5*(4 min easy at 80-90 rpm, 1 min easy at 105+rpm) CD: 10 min easy	Run, Hills 45 min (RPE 8-10) WU: 20 min easy to the base of a suitable hill. MS: 10*(30 sec uphill strong/fast, 90 sec easy down) CD: 5 min easy	Run, Recovery 30 min (RPE 3-5) Easy cruise, technically engaged	Bike, Hills 90 min (RPE 8-9) WU: 20 min easy. 4*(30 sec spin up over 100 rpm, 90 sec easy) 2 min easy. MS: 5*(3 min strong/hard effort uphill, 4 min easy down) CD: 25 min easy		Run, Off the Bike 25 min (RPE 7-8) 5 min easy, 15 min at race pace/effort 5 min easy	Swim, Endurance 2300m (RPE 6-7) WU: 300m choice 200m kick MS: 2*800m swim with 1 min rest between CD: 200m easy choice
4	Swim, Recovery 1500m (RPE 3-5) WU: 200m choice 100m kick MS, TWO ROUNDS 4*50m on 15 sec rest descending (get faster) 1-4. 200m easy pull without paddles 100m easy kick CD: 200m choice	Swim, TT 1500m (RPE 8-9) WU: 200m choice, 100m kick. 4*50m as 25 fast, 25 easy on 15 sec rest. 100m easy choice MS: 400 TT best effort for time. 100 easy choice. 300 easy pull without paddles CD: 100m choice	Bike, Endurance 90 min (RPE 6-7) WU: 20 min easy MS: 60 min easy/steady, should be able to carry on a conversation CD: 10 min easy	Swim, Endurance 1500m (RPE 6-7) WU: 200m choice 100m kick. 200m with a pull buoy as 25 scull, 25 pull without paddles. 100m kick MS: 4*200m pull on 30 sec rest. CD: 100m easy choice	Day off	Bike, Race Specific Prep 105 min (RPE 7-8) WU: 30 min easy. MS: 2*(15 min at race pace/power/effort, 5 min easy) CD: 20 min easy	Run, Endurance 75min (RPE 6-7) WU: 10 min easy MS: 60 min easy/ steady, should be able to carry on a conversation CD: 5 min easy
		Run, Hills 35 min (RPE 8-10) WU: 20 min easy. to the base of a suitable hill. MS: 10*(20 sec uphill strong/fast, 40 sec easy down) CD: 5 min easy	Run, Recovery 20 min (RPE 3-5) Easy cruise, technically engaged	Bike, Hills 70 min (RPE 8-9) WU: 20 min easy. 4*(30 sec spin up over 100 rpm, 90 sec easy) 2 min easy. MS: 5*(2 min strong/hard effort uphill, 3 min easy down) CD: 15 min easy		Run, Off the Bike 15 min (RPE 7-8) 5 min easy, 5 min at race pace/effort, 5 min easy	Swim, Endurance 1700m (RPE 6-7) WU: 300m choice 200m kick MS: 1000m swim with 1 min rest between CD: 200m easy choice

# 12-WEEK 70.3 TRAINING PLAN - WEEK 5-8

	MON	TUE	WED	THU	F	SAT	SUN
5	Swim, Recovery 1500m (RPE 3-5) WU: 200m choice. 100m kick MS: TWO ROUNDS 4*50m on 15 sec rest descending (get faster) 1-4 200m easy pull without paddles 100m easy kick CD: 200m choice	Swim, Threshold 2300m (RPE 8-9) WU: 200m choice 100m kick, 4*50m as 25 fast, 25 easy on 15 sec rest, 100m easy choice MS: 15*100m strong and steady on 20 sec rest CD: 200m choice	Bike, Endurance 2 hrs (RPE 6-7) WU: 20 min easy MS: 90 min easy/steady, should be able to carry on a conversation CD: 10 min easy	Swim, Endurance 3000m (RPE 6-7) WU: 200m choice 100m kick. 200m with a pull buoy as 25 scull, 25 pull without paddles. 100m kick MS: 5*400m pull on 30 sec rest. 100m easy back/free 8*25m fast on 15 sec rest CD: 100m easy choice	Day off	Bike, Race Specific Prep 3 hrs 30 min (RPE 7-8) WU: 30 min easy MS: 4*(25 min at race pace/power/effort, 5 min easy) CD: 30 min easy	Run, Endurance 1hr 45 min (RPE 6-7) WU: 10 min easy MS: 90 min easy/steady- should be able to carry on a conversation CD: 5 min easy
	Bike, Recovery/RPM 45 min (RPE 3-5) WU: 10 min easy MS: 5* (3 min easy at 80-90 rpm, 2 min easy at 100+rpm) CD: 10 min easy	Run, Hills 45 min (RPE 8-10) WU: 20 min easy to the base of a suitable hill. MS: 10*(30 sec uphill strong/fast, 90 sec easy down) CD: 5 min easy	Run, Recovery 30 min (RPE 3-5) Easy cruise, technically engaged	Bike, Hills 90 min (RPE 8-9) WU: 20 min easy. 4*(30 sec spin up over 100 rpm, 90 sec easy) 2 min easy MS: 5*(4 min strong/hard effort uphill, 5 min easy down) CD: 15 min easy		Run, Off the Bike 30 min (RPE 7-8) 5 min easy, 20 min at race pace/effort, 5 min easy	Swim, Endurance 2700m (RPE 6-7) WU: 300m choice 200m kick MS: 4*500m swim with 1 min rest between CD: 200m easy choice
6	Swim, Recovery 1500m (RPE 3-5) WU: 200m choice. 100m kick. MS: TWO ROUNDS 4*50m on 15 sec rest descending (get faster) 1-4 200m easy pull without paddles. 100m easy kick CD: 200m choice	Swim, Threshold. 2600m (RPE 8-9) WU: 200m choice 100m kick. 4*50m as 25 fast, 25 easy on 15 sec rest. 100m easy choice MS: 18*100m strong and steady on. 20 sec rest. CD: 200m choice	Bike, Endurance 2 hrs (RPE 6-7) WU: 20 min easy MS: 90 min easy/steady, should be able to carry on a conversation CD: 10 min easy	Swim, Endurance 3000m (RPE 6-7) WU: 200m choice 100m kick. 200m with a pull buoy as 25 scull, 25 pull without paddles. 100m kick MS: 5*400m pull on. 30 sec rest. 100m easy back/free. 8*25m fast on. 15 sec rest. CD: 100m easy choice	Day off	Bike, Race Specific Prep- 3 hrs 30 min (RPE 7-8) WU: 30 min easy MS: 5*(20 min at race pace/power/effort, 5 min easy) CD: 25 min easy	Run, Endurance 2 hrs (RPE 6-7) WU: 10 min easy MS: 1hr 45 min easy/steady, should be able to carry on a conversation CD: 5 min easy
	Bike, Recovery/RPM 45 min (RPE 3-5) WU: 10 min easy. MS: 5*(3 min easy at 80-90 rpm, 2 min easy at 100+rpm) CD: 10 min easy	Run, Hills 45 min (RPE 8-10) WU: 20 min easy to the base of a suitable hill. MS: 10*(30 sec uphill strong/fast, 90 sec easy down) CD: 5 min easy	Run, Recovery 30 min (RPE 3-5) Easy cruise technically engaged	Bike, Hills 90 min (RPE 8-9) WU: 20 min easy. 4*(30 sec spin up over 100 rpm, 90 sec easy) 2 min easy MS: 5*(4 min strong/hard effort uphill, 5 min easy down) CD: 15 min easy		Run, Off the Bike 30 min (RPE 7-8) 5 min easy 20 min at race pace/effort 5 min easy	Swim, Endurance- 2800m (RPE 6-7) Warm up, 300m choice 200m kick MS: 3*700m swim with 1 min rest between CD: 200m easy choice
7	Swim, Recovery 1500m (RPE 3-5) WU: 200m choice. 100m kick MS: TWO ROUNDS 4*50m on 15 sec rest descending (get faster) 1-4. 200m easy pull without paddles. 100m easy kick. CD: 200m choice	Swim, Threshold 2800m (RPE 8-9) WU: 200m choice 100m kick. 4*50m as 25 fast, 25 easy on 15 sec rest. 100m easy choice MS: 20*100m strong and steady on 20sec rest. CD: 200m choice	Bike, Endurance- 2 hrs (RPE 6-7) WU: 20 min easy MS: 90 min easy/steady- should be able to carry on a conversation CD: 10 min easy	Swim, Endurance 3000m (RPE 6-7) WU: 200m choice 100m kick. 200m with a pull buoy as 25 scull, 25 pull without paddles. 100m kick MS: 5*400m pull on 30 sec rest. 100m easy back/free 8*25m fast on. 15 sec rest CD: 100m easy choice	Day off	Bike, Race Specific Prep 3 hrs 30 min- (RPE 7-8) WU: 30 min easy. MS: 3*(30 min at race pace/power/effort, 10 min easy) CD: 30 min easy	Run, Endurance 2 hrs 15 min (RPE 6-7) WU: 10 min easy MS: 2 hrs easy/steady- should be able to carry on a conversation CD: 5 min easy
	Bike- Recovery/RPM 45 min (RPE 3-5) WU: 10 min easy. MS: 5*(3 min easy at 80-90rpm, 2 min easy at 100+rpm) CD: 10 min easy	Run, Hills- 45 min (RPE 8-10) WU: 20 min easy. to the base of a suitable hill. MS: 10*(30 sec uphill strong /fast, 90 sec easy down) CD: 5 min easy	Run, Recovery- 30 min (RPE 3-5) Easy cruise technically engaged	Bike, Hills- 90 min (RPE 8-9) WU: 20 min easy. 4*(30sec spin up over 100rpm, 90 sec easy) 2 min easy. MS: 5*(4 min strong/hard effort uphill, 5 min easy down) CD: 15 min easy		Run, Off the Bike, 30 min (RPE 7-8) 5 min easy, 20 min at race pace/effort, 5 min easy	Swim, Endurance 2700m (RPE 6-7) Warm up, 300m choice 200m kick MS: 2*1000m swim with 1 min rest between CD: 200m easy choice"
8	Swim, Recovery 1500m (RPE 3-5) WU: 200m choice 100m kick MS- TWO ROUNDS 4*50m on 15 sec rest descending (get faster) 1-4 200m easy pull without paddles 100m easy kick CD: 200m choice	Swim, TT 1500m (RPE 8-9) WU: 200m choice 100m kick. 4*50m as 25 fast, 25 easy on 15 sec rest. 100m easy choice MS: 400 TT best effort for time. 100 easy choice. 300 easy pull without paddles CD: 100m choice	Bike, Endurance 90 min (RPE 6-7) WU: 20 min easy MS: 60 min easy/steady, should be able to carry on a conversation CD: 10 min easy	Swim, Endurance 1500m (RPE 6-7) WU: 200m choice 100m kick. 200m with a pull buoy as 25 scull, 25 pull without paddles. 100m kick MS: 4*200m pull on, 30 sec rest. CD: 100m easy choice	Day off	Bike, Race Specific Prep 105 min (RPE 7-8) WU: 20 min easy. MS: 4*(10 min at race pace/power/effort, 5 min easy) CD: 10 min easy	Run, Endurance 75 min (RPE 6-7) WU: 10 min easy MS: 60 min easy/steady- should be able to carry on a conversation CD: 5 min easy
		Run, Hills 35 min (RPE 8-10) WU: 20 min easy to the base of a suitable hill. MS: 10*(20 sec uphill strong /fast, 40 sec easy down) CD: 5 min easy	Run, Recovery 20 min (RPE 3-5) Easy cruise, technically engaged	Bike, Hills 70 min (RPE 8-9) WU: 20 min easy. 4*(30 sec spin up over 100 rpm, 90 sec easy) 2 min easy MS: 5*(2 min strong/hard effort uphill, 3 min easy down) CD: 15 min easy		Run, Off the Bike, 15 min (RPE 7-8) 5 min easy, 5 min at race pace/effort 5 min easy	Swim, Endurance 1700m (RPE 6-7) WU: 300m choice 200m kick MS: 1000m swim with 1 min rest between CD: 200m easy choice

# 12-WEEK 70.3 TRAINING PLAN - WEEK 9-12

	MON	TUE	WED	THU	F	SAT	SUN
9	Swim, Recovery 1500m (RPE 3-5) WU: 200m choice. 100m kick MS: TWO ROUNDS 4*50m on 15 sec rest descending (get faster) 1-4 200m easy pull without paddles 100m easy kick CD: 200m choice	Swim, Threshold 2300m (RPE 8-9) WU: 200m choice 100m kick. 4*50m as 25 fast, 25 easy on 15 sec rest. 100m easy choice MS: 10*150m strong and steady on. 20 sec rest. CD: 200m choice	Bike, Endurance 2 hrs (RPE 6-7) WU: 20 min easy MS: 90 min easy/steady, should be able to carry on a conversation CD: 10 min easy	Swim, Endurance 3000m (RPE 6-7) WU: 200m choice 100m kick. 200m with a pull buoy as 25 scull, 25 pull without paddles. 100m kick MS: 3*600m pull on 30 sec rest. 100m easy back/free 12*25m fast on. 15 sec rest CD: 200m easy choice	Day off	Bike, Race Specific Prep 3 hrs 30 min (RPE 7-8) WU: 30 min easy MS: 2*(45 min at race pace/power/effort, 15 min easy) CD: 30 min easy	Run, Endurance 2 hrs 15 min (RPE 6-7) WU: 10 min easy MS: 2 hrs easy/steady, should be able to carry on a conversation CD: 5 min easy
	Bike, Recovery/RPM 45 min (RPE 3-5) WU: 10 min easy MS: 5*(2 min easy at 80-90 rpm, 3 min easy at 100+rpm) CD: 10 min easy	Run, Hills 45 min (RPE 8-10) WU: 20 min easy to the base of a suitable hill. MS: 10*(30 sec uphill strong/fast, 90 sec easy down) CD: 5 min easy	Run, Recovery 30 min (RPE 3-5) Easy cruise, technically engaged	Bike, Hills 90 min (RPE 8-9) WU: 20 min easy. 4*(30 sec spin up over 100 rpm, 90 sec easy) 2 min easy MS: 4*(5 min strong/hard effort uphill, 6 min easy down) CD: 20 min easy		Run, Off the Bike, 30 min (RPE 7-8) 5 min easy, 20 min at race pace/effort 5 min easy	Swim, Endurance 2200m (RPE 6-7) WU: 300m choice 200m kick MS: 1500m swim CD: 200m easy choice
10	Swim, Recovery 1500m (RPE 3-5) WU: 200m choice. 100m kick MS: TWO ROUNDS 4*50m on 15 sec rest descending (get faster) 1-4 200m easy pull without paddles 100m easy kick CD: 200m choice	Swim, Threshold 2600m (RPE 8-9) WU: 200m choice 100m kick. 4*50m as 25 fast, 25 easy on 15 sec rest. 100m easy choice MS: 12*150m strong and steady on. 20 sec rest CD: 200m choice	Bike, Endurance 2 hrs (RPE 6-7) WU: 20 min easy MS: 90 min easy/steady- should be able to carry on a conversation CD: 10 min easy	Swim, Endurance 3000m (RPE 6-7) WU: 200m choice 100m kick. 200m with a pull buoy as 25 scull, 25 pull without paddles. 100m kick MS: 3*600m pull on. 30 sec rest. 100m easy back/free 12*25m fast on. 15 sec rest CD: 200m easy choice	Day off	Bike, Race Specific Prep 3 hrs 30 min (RPE 7-8) WU: 30 min easy MS: 60 min at race pace/ power/effort, 15 min easy, 45 min at race pace/power/ effort CD: 30 min easy	Run, Endurance 2 hrs 30 min (RPE 6-7) WU: 10 min easy MS: 2 hrs 15 min easy/steady- should be able to carry on a conversation CD: 5 min easy
	Bike, Recovery/RPM 45 min (RPE 3-5) WU: 10 min easy. MS: 5*(2 min easy at 80-90 rpm, 3 min easy at 100+rpm) CD: 10 min easy	Run, Hills 45 min (RPE 8-10) WU: 20 min easy to the base of a suitable hill MS: 10*(30 sec uphill strong/fast, 90 sec easy down) CD: 5 min easy	Run, Recovery 30 min (RPE 3-5) Easy cruise, technically engaged	Bike, Hills 90 min (RPE 8-9) WU: 20 min easy 4*(30 sec spin up over 100 rpm, 90 sec easy) 2 min easy MS: 4*(5 min strong/hard effort uphill, 6 min easy down) CD: 20 min easy		Run, Off the Bike, 30 min (RPE 7-8) 5 min easy, 20 min at race pace/effort, 5 min easy	Swim, Endurance 3100m (RPE 6-7) WU: 300m choice 200m kick MS: 3*800m swim with 1 min rest between CD: 200m easy choice
11	Swim, Recovery 1500m (RPE 3-5) WU: 200m choice. 100m kick MS: TWO ROUNDS 4*50m on 15 sec rest descending (get faster) 1-4 200m easy pull without paddles. 100m easy kick CD: 200m choice	Swim, Threshold 3100m (RPE 8-9) WU: 200m choice. 100m kick. 4*50m as 25 fast, 25 easy on 15 sec rest. 100m easy choice MS: 15*150m strong and steady on. 20 sec rest. CD: 250m choice	Bike, Endurance 2 hrs (RPE 6-7) WU: 20 min easy MS: 90 min easy/steady, should be able to carry on a conversation CD: 10 min easy	Swim, Endurance 3000m (RPE 6-7) WU: 200m choice 100m kick. 200m with a pull buoy as 25 scull, 25 pull without paddles. 100m kick MS: 3*600m pull on. 30 sec rest. 100m easy back/free. 12*25m fast on. 15 sec rest. CD: 200m easy choice	Day off	Bike, Race Specific Prep 2 hrs 20 min (RPE 7-8) WU: 30 min easy MS: 5*(10 min at race pace/ power/effort, 5 min easy) CD: 15 min easy	Run, Endurance 1 hr 15 min (RPE 6-7) WU: 10 min easy MS: 1 hr easy/steady- should be able to carry on a conversation CD: 5 min easy
	Bike, Recovery/RPM 45 min (RPE 3-5) WU: 10 min easy MS: 5*(2 min easy at 80-90 rpm, 3 min easy at 100+rpm) CD: 10 min easy	Run, Hills 45 min (RPE 8-10) WU: 20 min easy to the base of a suitable hill. MS: 10*(30 sec uphill strong/fast, 90 sec easy down) CD: 5 min easy	Run, Recovery 30 min (RPE 3-5) Easy cruise, technically engaged	Bike, Hills 90 min (RPE 8-9) WU: 20 min easy. 4*(30 sec spin up over 100 rpm, 90 sec easy) 2 min easy. MS: 4*(5 min strong/hard effort uphill, 6 min easy down) CD: 20 min easy		Run, Off the Bike, 20 min (RPE 7-8) 5 min easy, 10 min at race pace/effort 5 min easy	Swim, Endurance 2700m (RPE 6-7) WU: 300m choice 200m kick MS: 2000m swim CD: 200m easy choice
12	Swim, Recovery 1500m (RPE 3-5) WU: 200m choice. 100m kick MS: TWO ROUNDS 4*50m on 15 sec rest descending (get faster) 1-4 200m easy pull without paddles 100m easy kick CD: 200m choice	Swim, Threshold 1800m (RPE 8-9) WU: 200m choice 100m kick 4*50m as 25 fast, 25 easy on 15 sec rest 100m easy choice MS: 20*50m strong and steady on. 20 sec rest CD: 200m choice	Bike, Endurance 1 hr (RPE 6-7) WU: 10 min easy MS: 45 min easy/steady, should be able to carry on a conversation CD: 5 min easy	Swim, Race Prep 1600m (RPE 6-7) WU: 200m choice 100m kick. 4*50 descending 1-4 on 15 sec rest 100m choice. MS: TWO ROUNDS 8*25 fast on 30 sec rest 50m easy back/free, 200 easy pull without paddles CD: 100m easy choice	Day off	Bike, Pre Race Check, 20 min (RPE 3-5) Easy 20 min spin Run, Pre Race 10 min (RPE 3-5) Swim, Pre Race 1000m (RPE Mixed) WU: 200m choice, 100m kick MS: 8*25 descending 1-4 (get faster) on 15 sec rest, 200m easy pull without paddles CD: 200m choice	Race Day! Good Luck! 🍀
	Bike, Recovery/RPM 45 min (RPE 3-5) WU: 10 min easy MS: 5*(2 min easy at 80-90 rpm, 3 min easy at 100+rpm) CD: 10 min easy	Run, Hills 45 min (RPE 8-10) WU: 20 min easy to the base of a suitable hill MS: 10* (20 sec uphill strong/ fast, 40 sec easy down) CD: 5 min easy	Run, Recovery 20 min (RPE 3-5) Easy cruise, technically engaged	Bike, Race Specific Prep 1 hr- (RPE 7-8) WU: 30 min easy MS: 2*(5 min at race pace/ power/effort, 5 min easy) CD: 10 min easy		OPEN WATER OPTION Swim, Pre Race Activation Open Water Option 15 min (RPE Mixed) WU: 5 min easy mixed choice MS: 8*(20 strokes long and strong/fast, 30 strokes easy) 5 min easy	