

HALF IRONMAN TRAINING PLAN

20 WEEK EDITION

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----|---|--|--|----------|---|---|---|
| 1 | 8 x 2 Min Run/ 1 Min Walk | Easy Cycle 20 Min | 10 x 25m Swim (30s Rests) | Rest Day | 4 x 5 Min Run/ 2 Min Walk | 10 x 50m Swim (45s Rests) | Rest Day |
| 2 | 1 x 8 Min Run/ 2 Min Walk | Easy Cycle 30 Min | 5 x 100m Swim (60s Rests) | Rest Day | 2 Mile Run (Walking Breaks as Needed) | Swim 10 Mins (Non Stop) | Rest Day |
| 3 | 3 Mile Run (Zone 2-3) | Easy Cycle 45 Min | 10 x 50m Zone 4 Swim (60s Rests) | Rest Day | 3.5 Mile Run (Non Stop) | Cycle 10 x 2 Min (Zone 4)/ 1 Min Recovery | Rest Day |
| 4 | Easy Run 4 Miles + 4 x 75m Strides | Easy Cycle 50 Min | Easy Swim 20 Mins (Non Stop) | Rest Day | 3 Mile Run with 10 x 1 Min (Zone 4)/ 1 Min Easy Jog | Brick: 15 Min Swim + 45 Min Cycle (Zone 3) | Rest Day |
| 5 | Easy Run 4.5 Miles + 4 x 75m Strides | Easy Cycle 60 Min | 2 x 300m Zone 3 Swim (90s Rests) | Rest Day | Easy Swim 20 Mins (Non Stop) | Brick: 30 Min Cycle + 15 Min Run | Rest Day |
| 6 | Easy Run 5 Miles + 4 x 75m Strides | Easy Cycle 70 Min | 3 x 400m Zone 3 Swim (90s Rests) | Rest Day | 1000m Zone 2 Swim | Swim 500m + Cycle 10 Miles + Run 2 Miles | Rest Day |
| 7 | Easy Run 5.5 Miles + 4 x 75m Strides | Easy Cycle 75 Min | 4 x 400m Zone 3 Swim (90s Rests) | Rest Day | Brick: 45 Min Cycle (Zone 2) + 15 Min Run (Zone 3) | Cycle 5 x 3 Min (Zone 4)/ 1 Min Recovery | Rest Day |
| 8 | Easy Run 6 Miles + 4 x 75m Strides | 40 Min Cycle (Zone 2) | 20 Min Zone 2 Swim | Rest Day | 20 Min Easy Run or Cycle | Race Simulation: Sprint Triathlon Distances | Rest Day |
| 9 | Easy Run 5 Miles + 4 x 75m Strides | 15 Mile Cycle (Zone 2-3) | 6 x 200m Zone 3 Swim (90s Rests) | Rest Day | Easy Cycle 18 Miles | Easy Swim 800m + 4 x 25m Sprints | Rest Day |
| 10 | Easy Run 7 Miles + 4 x 75m Strides | Easy Cycle 20 Miles | 3 x 500m Zone 3 Swim (90s Rests) + 4 x 25m Sprints | Rest Day | Brick: 60 Min Cycle (Zone 2) + 30 Min Run (Zone 3) | 25 Min Cycle (Tempo Pace) | Rest Day |
| 11 | Easy Run 8 Miles + 4 x 75m Strides | 25 Mile Cycle (Zone 2) with 2 x 20 Min (Zone 3) | Easy Swim 1000m + 4 x 25m Sprints | Rest Day | 6 Mile Run with 2 x 10 Min (Tempo Pace)/90s Recovery | 8 x 200m Zone 3-4 Swim (60s Rests) | Rest Day |
| 12 | Easy Run 8 Miles + 4 x 75m Strides | 30 Mile Cycle with 10 x 3 Min (Zone 4)/ 1 Min Recovery | Easy Swim 1200m + 4 x 25m Sprints | Rest Day | Easy Cycle 20 Mins | Swim 1200m + Cycle 25 Miles + Run 5 Miles | Rest Day |
| 13 | 5 Mile Run with 10 x 90s (Zone 4)/ 60s Recovery | 75 Min Cycle (Zone 2) with 2 x 20 Min (Zone 3) | 1500m Zone 2 Swim | Rest Day | Run 10 Miles + 4 x 75m Strides | Swim 5 x 300m (Zone 4) + 4 x 25m Sprints | Rest Day |
| 14 | Easy Run 10 Miles + 4 x 75m Strides | 35 Mile Cycle with 10 x 3 Min (Zone 4)/ 1 Min Recovery | 5 x 400m Zone 3 Swim (90s Rests) | Rest Day | 1500m Zone 2 Swim | Easy Cycle 25 Miles | Rest Day |
| 15 | Easy Run 12 Miles + 4 x 75m Strides | 40 Mile Cycle with 10 x 3 Min (Zone 4)/ 1 Min Recovery | 4 x 500m Zone 3 Swim (90s Rests) | Rest Day | 5 Mile Run with 10 x 90s (Zone 4)/ 1 Min Recovery | Brick: 1200m Swim + 20 Mile Cycle | Rest Day |
| 16 | Easy Run 8 Miles + 4 x 75m Strides | 60 Min Cycle with 10 x 3 Min (Zone 4)/ 1 Min Recovery | 30 Min Zone 2 Swim | Rest Day | 20 Min Easy Run or Cycle | Run Half Marathon | Rest Day |
| 17 | Easy Run 5.5 Miles + 4 x 75m Strides | 45 Mile Cycle with 10 x 3 Min (Zone 4)/ 1 Min Recovery | 1800m Zone 2 Swim | Rest Day | 60 Min Cycle with 3 x 10 Min (Tempo Pace)/2 Min Recovery | Swim 6 x 300m (Zone 3) + 4 x 25m Sprints | Rest Day |
| 18 | Easy Run 12 Miles + 4 x 75m Strides | 75 Min Cycle (Zone 2) with 2 x 20 Min (Zone 3) | 4 x 500m Zone 3 Swim (90s Rests) | Rest Day | 2000m Zone 2 Swim | Easy Cycle 60 Miles | Rest Day |
| 19 | Easy Run 10 Miles + 4 x 75m Strides | 60 Min Cycle with 10 x 3 Min (Zone 4)/ 1 Min Recovery | 2 x 1000m Zone 3 Swim (90s Rests) | Rest Day | 6 Mile Run with 12 x 45s (Zone 4)/ 1 Min Recovery | Brick: 1500m Swim + 30 Mile Cycle | Rest Day |
| 20 | Easy Run 6 Miles + 4 x 75m Strides | 50 Min Cycle (Zone 2) | 30 Min Zone 2 Swim | Rest Day | 20 Min Easy Run or Cycle | Race Day! |  |

- **Warm-Ups and Cool-Downs:** On all but the easiest workouts, make sure you warm up and cool down with 5 minutes of gentle exercise to keep yourself in tip-top condition and reduce the risk of injury.
- **Rest Days:** No structured exercise. Focus on rest and recovery (stretching, foam rolling, taking it easy).
- **Easy Runs:** Run at a conversational pace to aid recovery from harder workouts.
- **Run/Walk Intervals:** Alternate between running and walking for the allotted time indicated for each workout.
- **Strength Training:** In addition to the training plan as written, it's also a good idea to strength train twice a week.
- **Threshold/Tempo Runs:** During the Threshold or tempo intervals, run at a pace you would be able to sustain for one hour.
- **Brick Workouts:** A workout consisting of at least two different disciplines performed one immediately after the other.

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Ironman Training Schedule

Wenbin Ji

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Ironman Training Schedule:

Enjoying the Song of Term: An Emotional Symphony within **Ironman Training Schedule**

In some sort of used by displays and the ceaseless chatter of instant transmission, the melodic splendor and psychological symphony created by the prepared word frequently diminish in to the backdrop, eclipsed by the relentless sound and distractions that permeate our lives. But, nestled within the pages of **Ironman Training Schedule** a wonderful fictional treasure overflowing with fresh thoughts, lies an immersive symphony waiting to be embraced. Crafted by an outstanding composer of language, this captivating masterpiece conducts visitors on a psychological journey, skillfully unraveling the hidden melodies and profound impact resonating within each cautiously constructed phrase. Within the depths of this poignant analysis, we shall examine the book is key harmonies, analyze their enthralling writing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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