

# 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

**Men's Health Books**



## **Ironman Training Schedule:**

**13 Training Schedules for Triathlons** Carlos Civit, 2011-03-28 This book contains 13 detailed training day by day schedules that different triathletes trained by coach Carlos Civit followed during the last 8 to 12 weeks prior to a triathlon race achieving the distances of Ironman distance in sub 9h in 10h in 11h or just to finish Half Ironman distance in 4h 15 in 5h or just to finish Olympic distance in sub 2h in 2h 30 just to finish or Sprint distance in sub 1h in 1h just to finish In this book you will also find valuable information about subjects like factors for success foundation of the base training heart rate monitors injuries and nutrition etc

**Ironman Training Schedule** Frances Robinson, 2014-11-05 This Ironman Training Schedule includes two sections The first includes the following fill in the blank chart enough for 6 races Name of Race Type Date Location Entry Fee Registration Deadline Goal Results The second has 52 weeks of pages enough for one full year of training that includes the following to track your daily progress Time remaining before event Swim Distance Time Average Heart Rate Resting Hear Rate Cycle Distance Time Average Heart Rate Resting Hear Rate Run Distance Time Average Heart Rate Resting Hear Rate Body Weight Other Notes When you track your training data it will be easier to achieve them Let this Ironman Training Schedule help you meet your goals

**Triathlete Magazine's Essential Week-by-Week Training Guide** Matt Fitzgerald, 2009-11-29 From Triathlete magazine the most popular source for triathlete information comes an essential guidebook of weekly training plans for all skill levels As popular as the swim bike run sport has become in recent years triathlon training remains a daunting physical and mental challenge From short sprints to Olympic distance events this guide from Triathlete magazine provides athletes with different plans for every skill level and shows them how to build up their training to reach their ultimate goal Good humored narrative text accompanies detailed workout schedules guidelines weekly goals and coaching tips Including off season training advice and photo illustrated stretches and exercises this is the book triathletes need to stay at the top of their game

**The Complete Idiot's Guide to Triathlon Training** Colin Barr, Steve Katai, 2007-04-03 Every man an Iron Man and every woman too No longer exclusive events reserved for only the most committed athletes triathlons duathlons bike and run and aquathons swim and run now attract hundreds of thousands of Americans Filled with the inside tips practical advice and photos this is the book for any man or woman who wants to compete in multi sport events regardless of experience level Authors are experienced triathlon competitors and personal trainers Tips on setting up equipment training diet and motivation Dozens of exciting instructional photos

**Going Long** Joe Friel, Byrn, 2013-09-13 Internationally recognized triathlon coach and best selling author Joe Friel teams up with ultra endurance guru Gordon Byrn in Going Long the most comprehensive guide to racing long course and Ironman distance triathlons Combining science with personal experience Friel and Byrn prepare anyone from the working age grouper to the podium contender for success in triathlon s ultimate endurance event Whether you are preparing for your first long course triathlon or your fastest Going Long will make every hour of training count 40 sport specific drills to improve technique and

efficiency Updates to mental training Key training sessions workout examples and strength building exercises A simple approach to balancing training work and family obligations A new chapter on active recovery injury prevention and treatment Going Long is the best selling book on Ironman training Friel and Byrn guide the novice intermediate and elite triathlete making it the most comprehensive and nuanced plan for Ironman training ever written Going Long is the best resource to break through an Ironman performance plateau to find season after season of long course race improvements The Triathlete's Training Bible Joe Friel,2012-11-27 The Triathlete s Training Bible is the bestselling and most comprehensive reference available to triathletes Based on Joe Friel s proven science based methodology and his 28 years of coaching experience The Triathlete s Training Bible has equipped hundreds of thousands of triathletes for success in the sport The Triathlete s Training Bible equips triathletes of all abilities with every detail they must consider when planning a season lining up a week of workouts or preparing for race day With this new edition you will develop your own personalized training plan and learn how to improve economy in swimming cycling and running balance intensity and volume gain maximum fitness through smart recovery make up for missed workouts and avoid overtraining adapt your training plan based on your progress build muscular endurance with a new approach to strength training improve body composition with smarter nutrition The Triathlete s Training Bible is the best selling book on tri training ever published Get stronger smarter and faster with this newest version of the bible of the sport **Unrealogical** Deb Cheslow,Erin Cheslow,2017-06-29 Imagine waking up one day and discovering that you suddenly had the power to create anything you desired in your life Imagine recreating your entire life so that everything was just perfect ideal relationships ideal career ideal weight ideal finances and anything else you wanted Sound too good to be true Its not You already have this power you just need to learn how to use it In Unrealogical Real People Remarkable Stories of Transformation author Deb Cheslow shares the primary reasons why we settle for the lives we stumble into rather than purposefully creating the lives we were meant to live and reveals simple strategies for stepping out of our comfortable boring existence and forging new paths where there are no limits on what we can accomplish Deb doesnt stop at theory She offers concrete tools to apply the theoretical information to your life Then she includes dozens of stories from clients who have applied this information to their own lives and experienced transformational remarkable results Youll discover not only what they did to achieve their aspirations but also how they did it and how you can do it too A former United States Air Force instructor pilot Debs system evolved when she was teaching airmen to fly advanced supersonic jets She has used this system over the years to transform thousands of lives It is a system that can be easily duplicated by individuals teams organizations and companies to create phenomenal results *Triathlon Science* Joe Friel,2013 The ultimate nexus of knowledge and performance Cover **Celebrating Active Ageing** Hari Baskaran,2020-02-21 Hari Baskaran s book Celebrating Active Ageing will benefit all people approaching retirement and those well past it It advocates a lifestyle that enables health and vitality way into the seventies and eighties The book is

inspirational and encourages readers to draw up their own unique active ageing agenda with a deliberate and purposeful approach to life Celebrating active ageing embraces a holistic approach to life all aspects of which such as physical activity diet and nutrition and spiritual and social engagement are covered in a compelling and appealing way The narrative is light and free flowing with emphasis on real life experiences and developing and maintaining a sense of joy Excellent read with very interesting anecdotes and experiences I enjoyed reading it This book will transform lives Shiny Surendran Sports Nutritionist Chennai

*Triathlon Mastery: Achieving Optimal Performance and Well-being* Pasquale De Marco, 2025-04-06

Embark on a transformative journey to triathlon mastery with this comprehensive guide meticulously crafted to empower athletes of all levels to achieve their full potential Discover the secrets to unlocking your inner champion and conquering the unique challenges of this demanding sport Triathlon Mastery is more than just a training manual it s a roadmap to success delving into the physical mental and emotional aspects of triathlon Gain invaluable insights into periodization nutrition injury prevention and mental resilience arming yourself with the tools to optimize your performance and reach new heights With Triathlon Mastery you ll learn to Set realistic goals and develop a personalized training plan that fits your unique needs and lifestyle Master the art of balancing triathlon training with life s demands ensuring progress without burnout Cultivate a positive mindset embrace challenges and develop the mental fortitude to overcome obstacles and setbacks Fuel your body with optimal nutrition and hydration strategies ensuring you have the energy to power through grueling workouts and race day Prevent common injuries and manage existing ones effectively ensuring you stay healthy and on track towards your triathlon goals Race with confidence and composure employing proven strategies for pre race preparation pacing and race day tactics Triathlon Mastery is your trusted companion on this transformative journey guiding you every step of the way Whether you re a seasoned athlete seeking to elevate your performance or a newcomer eager to embrace the challenge of triathlon this book is your essential resource for achieving triathlon success Packed with expert advice inspiring stories and practical tips Triathlon Mastery is the ultimate guide to unlocking your full potential and achieving triathlon mastery If you like this book write a review

**Triathloning for Ordinary Mortals** Steven Jonas, 1999 The explosion of interest in physical fitness that has sent Americans running bicycling and swimming by the tens of thousands now extends to the fitness competition that combines all three triathloning Steven Jonas a former nonathlete who began endurance sports in middle age offers an accessible program for anyone from beginner to experienced jogger Dr Jonas s own experiences are the basis of this user friendly book directed to the person who wants to do more than just run He sets forth basic recommendations on equipment necessary for triathloning and outlines a three phased training program that will take the untrained beginner to a state of fitness where he or she can complete a triathlon of moderate distance The book includes a chapter on nutrition and a stretching program Dr Jonas has revised and updated the work to include information on how to run longer races how to train for the increasingly popular duathlon run bike run and new tips from his further fifteen years of experience Techniques

fitness training equipment nutrition pre race the race itself a readable introduction for the aspiring recreational triathlete A new chapter on duathlons and how to run longer races and updated appendixes on the latest magazines and books of interest to triathletes Dr Steven Jonas has participated in 100 multi sports events **The Woman Triathlete** Christina Gandolfo,2005 An Australian training manual for triathletes Biomechanics of swimming cycling and running Fuelling your body Physiological considerations in training *Run, Ride, Sink or Swim* Lucy Fry,2015-05-05 At the age of thirty one Lucy Fry was pretty certain she knew her limits And here s how she felt about the component parts of triathlon swimming fairly terrifying especially in open water Cycling brilliant when done on a stationery bike indoors Running sometimes fantastic sometimes hideous But as increasing numbers of her female friends continued to sign up to tri Lucy couldn t help wondering what was it about this exhausting pursuit that women seemed to find so magical so transformative The time had come to find out Over one year five triathlons and hundreds of training hours Lucy uncovers the ins and outs of women s triathlon how to wear a sports bra under a wetsuit the competition and camaraderie whether getting over jelly legs makes you a more resilient human being and finds that maybe she doesn t know her limits after all Funny warm and engaging *Run Ride Sink or Swim* is for both the tri curious and the dedicated tri hard and for any woman looking for inspiration to make the transition from sofa to start line *The Complete Book of Men's Health* Men's Health Books,2000-08-22 Provides information on health related topics exercise diet and personal grooming *Triathlon Workout Planner* John Mora,2006-01-18 Train smarter and get better results no matter how busy your lifestyle Triathlon Workout Planner is like having your own personal support team to prioritize training fit workouts into your schedule and plan for long term racing success By choosing the right workout at the right time you can actually improve efficiency technique and overall fitness level in less time with these invaluable tools Three or four key workouts that serve as the core of your weekly training schedule The 80 20 rule which focuses on the 20% of training that gets 80% of the results Workout choices based on available time and target heart rate for customized training Eight weeks of log pages to gauge progress and make weekly adjustments helping you stay on track and stay injury free Racing plans for every distance from sprint to Ironman Take control of your training and your schedule with Triathlon Workout Planner Train more efficiently and effectively for better performance on and off the race course **Ten Iron Principles: Persevering Through Difficult Situations** K.A. Wypych,2019-09-13 My name is Kelly and I m an Ironman I never was much of an athlete but God pulled me out of my comfort zone and put me in the world of endurance racing In this environment He could be the strength in my weakness As I trained I became stronger physically and spiritually In fact I came to salvation through an Ironman triathlon God showed me His goodness through sweat and pain Ten Iron Principles is a memoir that reveals this journey from playing football on a boys junior varsity team to training for an Ironman triathlon in adulthood From living apart from God to praying through a 2 4 mile swim It s the story of how God prepared me for my Kingdom purpose Never quit Defy limits CourageUP **Triathlon Training** Michael Finch,2004 This handbook

provides six race specific programs two for sprint distances two for Olympic distances one for the half Ironman and one for Ironman Helpful details include information on equipment basic training nutrition and injury recovery and prevention

**Triathlon - Taking the Next Step** Paul Huddle,Roch Frey,Bob Babbitt,Bon Babbitt,2003-05 Okay you ve finished your first short distance triathlon Now it s time to up the ante and go further and faster This guide includes longer workouts balancing work family and training adding speed work recovery and the mental game which are all important to reach the half Ironman distance

*The Running Athlete* Gian Luigi Canata,Henrique Jones,Werner Krutsch,Patricia Thoreux,Alberto Vascellari,2022-04-22 This book explores running in a broad range of sport disciplines providing a full spectrum coverage on this extremely important and commonly diffused activity The volume opens with basic information such as biomechanics physiology training principles nutrition and then presents discipline specific aspects of running in several individual and team sports Each chapter is structured organically to offer a uniform and thorough information For each sport the authors examine biomechanical physiological and training specificities as well as injury epidemiology and preventive measures Filling a gap in literature this book appeals not only to sports physicians orthopaedic surgeons trainers coaches fellows and researchers but also to athletes in the various disciplines Written in collaboration with ESKA it provides a useful toolkit to those readers interested in the state of the art update on the running athlete

**Unlimiting Your Beliefs** Karen Brown,2017-11-14 This fast moving enjoyable book shows you how to overcome every obstacle and achieve any goal you can set for yourself Brian Tracy author of Eat that Frog What fears and limiting beliefs keep you from achieving the life you want Everyone suffers inaction from limiting beliefs I can t possibly do that or I don t have enough money time ability to do that Unlimiting Your Beliefs is the key to conquering those negative voices you re holding onto Karen Brown business psychology coach speaker and ultra athlete shares proven strategies to transform your limiting beliefs and achieve any goal or dream Unlimiting Your Beliefs is a success manual that puts the seven powerful keys to achievement right at your fingertips so you can make any dream possible for yourself You already possess the power to achieve anything you desire unlimit your beliefs to tap into it After struggling with her own limiting beliefs and fears Karen discovered her true potential by finishing the most difficult race in the world the IRONMAN World Championship accomplishing a goal she d held for twenty eight years

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












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