

Half-Ironman Program Sample Week

Swim 2:30 - Bike 8:30 - Run 4:30 - Total: 15:30

Monday

Complete day off....

Tuesday

SWIM 0:45

WARM UP

300 Swim

3 x 100 Kick w/15 sec rest, each one progressively faster

2 x 150 Pull w/15 sec rest - #2 should build to 85%

MAIN SET

8 x 150 w/30 sec rest after each

- try to keep your stroke count even through the entire set

COOL DOWN

500 Pull at 70%; relaxed and stretched out; evenly paced

BIKE 1:10

15:00 warm up spin, begin at an easy pace and slowly increase your intensity to 70% by the end

9 x 4:15 @ 80-84% with 45 sec easy spin @ 65% after each repeat

- concentrate on keeping your whole body relaxed and your pedal stroke fluid
- if you feel any dead spots in your spin, try to work them out by focusing on spinning complete circles

Cool down completely, allowing your HR to get back well below 60% before stopping

DAILY TOTAL: 1:55

Wednesday

RUN 0:50

15:00 gradual warmup, bringing your HR up to 70% by the end 30:00 consistent effort @80% intensity

- by now, these runs should feel pretty aggressive, especially compared to earlier in the season

Cool down completely

BIKE 1:30

This is an excellent workout to be done outdoors, building a better sense of bike handling while dealing with "real world" elements such as heat, wind, and hills. If you do the indoor alternative you will be working toward building a better sense of pace while holding the intensity under control.

20:00 warm up spin

- begin in an easy gear for 2:00, then increase by one gear for 3:00, 4:00, 5:00, and 6:00, bringing the intensity up to 70% by the end
- 4 x 13:00 @ 75% with 2:00 easy spin after each repeat

Cool down completely, spinning @50-60% to flush out your legs nicely by the end

DAILY TOTAL: 2:20

WEEK-TO-DATE: 4:15

Thursday

SWIM 1:00

WARM UP

6 x 100 - alternate 100 Swim, 100 Kick, 100 Pull

MAIN SET

This set will help build "high-end" aerobic capacity. Hold an even pace throughout each set. You should be tired but not exhausted at the end.

2 sets of (20 x 50 w/5 sec rest after each); with 200 easy between the sets

Set 1: @80% intensity;

Set 2: @85-90% intensity

COOL DOWN

6 x 75 recovery w/10 sec rest after each

RUN 1:00

This is designed to be done at the track, but you can follow the instructions on the road if necessary:

WARM UP

15:00 jog, progressing gradually to 75% intensity

INTERMEDIATE SET

4 x 20 sec "run-ups" w/40 sec recovery after each; jog easy for a couple minutes

MAIN SET

12 x 400 (or 1:30) @85-90% with 200 easy jog (or 1:00) bwt n repeats

- finish this set strongly

- avoid starting out too hard while maintaining a strong pace throughout

Cool down at least 15:00, until your HR is back near 50%

DAILY TOTAL: 2:00

WEEK-TO-DATE: 6:15

Friday

SWIM 0:45

WARM UP

400 Swim

12 x 50 w/10 sec rest - each one is 25 Kick / 25 Swim

MAIN SET

4 x 300 w/30 sec rest

- concentrate on keeping your stroke stretched out and your stroke count even

COOL DOWN

12 x 25 choice (other than freestyle) w/10 sec rest -- totally recover by the end

BIKE 0:50

This ride will be performed at a lower intensity and includes some drills to improve your efficiency. During the ILT set, work on pedaling smoothly throughout the pedal cycle -- control your efforts on the down stroke and keep the movement fluid throughout the top of each pedal cycle. A good mental image to maintain is that of a dog scraping its paw across the ground while digging.

15:00 easy spinning, gradually letting your HR get up to 60%

5 x 4:00 ILT sets w/1:00 continuous recovery spinning after each

Go through the following three times per set:

20 sec with one leg

20 sec transition -- allow your HR to get back under 70% 20 sec other leg

20 sec transition

Cool down completely

DAILY TOTAL: 1:35

WEEK-TO-DATE: 7:50

Saturday

BIKE 4:00

Try to keep your stops to a minimum and definitely keep the amount of time you spend at your stops to a bare minimum. Try to simulate your race experience as much as possible. Finish the ride with some energy to spare -- you'll need it tomorrow!

RUN 0:40

Quick transition from your bike to the run, then get your HR above 80% quickly. The bulk of this run -- at least 20min -- should be between 80-88%

Finish your run with 10:00 of light jogging, bringing your HR under 60% by the end. Walk 2-3:00 to complete the cool down process.

DAILY TOTAL: 4:40

WEEK-TO-DATE: 12:30

Sunday

RUN 1:20

Steady endurance effort, keeping your HR between 70-75% throughout the bulk of the run. Hold your effort and pace to the very end.

BIKE 1:00

RUN 0:40

Bolt out the door at 75% and establish a comfortable stride as soon as you can. At 10:00, pick up the pace to 80-84% for 20 minutes. The cooldown below 65% for the final 15:00. Walk it in the final couple minutes.

Be sure to stretch out very well afterwards and top off your tank with some good food and lots of liquids! Great job this week!!

DAILY TOTAL: 3:00

WEEK-TO-DATE: 15:30