

## ½ Ironman Training Program – Welland, June 23, 2013

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 February 4		Swim 45:00		Swim 30:00		Run 50:00 with hills	OFF
	Bike 60:00		Bike 1hr 30 min		Bike 1hr 30 min with hills		
		Run 30:00		Run 30:00			
2 February 11		Swim 45:00		Swim 30:00		Run 50:00 with hills	OFF
	Bike 60:00		Bike 1hr 30 min		Bike 1hr 30 min with hills		
		Run 30:00		Run 30:00			
3 February 18		Swim 45:00		Swim 45:00		Run 60:00 with hills	OFF
	Bike 60:00		Bike 1hr 45min		Bike 2 hr with hills		
		Run 35:00		Run 35:00			
4 February 25		Swim 45:00		Swim 45:00		Run 60:00 with hills	OFF
	Bike 60:00		Bike 1hr 45min		Bike 2hr with hills		
		Run 35:00		Run 35:00			
5 March 4		Swim 45:00		Swim 45:00		Run 1hr 5min with hills	OFF
	Bike 1hr 15min		Bike 1hr 45min		Bike 2hr with hills		
		Run 35:00		Run 40:00		Swim 30:00 Low intensity	

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6 March 11						Run 1hr 10min with hills	
	Bike 1hr 15min	Swim 45:00	Bike 1hr 15min	Swim 30:00	Bike 2hr 15min with hills	Swim 50:00	OFF
		Run 35:00		Run 45:00		Low intensity	
7 March 18						Run 1hr 5 min with hills	
	Bike 1hr	Swim 45:00	Bike 1hr 30min	Swim 30:00	Bike 2 hrs with hills	Swim 50:00	OFF
		Run 30:00	Easy spin	Run 40:00		Low intensity	
8 March 25			Bike 2hr			Run 1hr 15min with hills	
	Bike 1hr 15min	Swim 45:00	2x10 min at Race pace	Swim 30:00	Bike 2hr 15min with hills	Swim 50:00	OFF
		Run 40:00	10 min brick easy	Run 45:00		Low intensity	
9 April 1		Swim 50:00 (optional)	Bike 2hr			Run 1hr 20 min with hills	
	Bike 1hr 30min		2x10 min at Race pace	Swim 30:00	Bike 2hr 45min with hills	Swim 50:00	OFF
		Run 45:00	10 min brick easy	Run 45:00		Low intensity	
10 April 8		Swim 50:00 (optional)	Bike 2hr			Run 1hr 45min with hills	
	Bike 1hr 30min		2x10 min at Race pace	Swim 30:00	Bike 3 hrs with hills	Swim 50:00	OFF
		Run 60:00	15 min brick easy	Run 45:00		Low intensity	

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11 April 15		Swim 50:00 (optional)				Run 1hr 30min With hills	
	Bike 1hr		Bike 1hr 30min Easy spin	Swim 30:00			OFF
		Run 60:00		Run 50:00	Bike 1.5 hrs with hills	Swim 50:00 Low intensity	
12 April 22		Swim 50:00 (optional)			Bike 3 hrs	Run 2 hrs with hills	
	Bike 1hr 30min	Run 60:00	Bike 2hrs	Swim 30:00	After 1 hr w/u - 2 x 15 min at		OFF
		2 x 5min at Race pace with 5 min between	15 min brick easy	Run 50:00	race pace 10 min easy recovery	Swim 50:00 Low intensity	
13 April 29		Swim 50:00 (optional)			Bike 2hrs	Run 1hr 30 min With hills	
	Bike 1hr 30min	Run 60:00	Bike 2hrs	Swim30:00	After 1 hr w/u 2 x 15 min at		OFF
		2 x 5min at Race pace with 5 min between	15 min brick easy	Run 50:00	race pace 10 min easy recovery	Swim 50:00 Low intensity	
14 May 6		Swim 55:00 (optional)			Bike 3hr 15min After 1 hr w/u	Run 2hr15min with hills	
	Bike 1hr 30min	Run 60:00	Bike 2hrs	Swim30:00	3 x 15 min at race pace		OFF
		3 x 5min at Race pace with 5 min between	15 min brick easy	Run 50:00	10 min easy	Swim 50:00 Low intensity	
					15 min brick		
15 May 13		Swim 55:00 (optional)				Run 1hr30min with hills	
	Bike 1hr		Bike 1hr 30min Easy spin	Swim 30:00			OFF
		Run 45:00		Run 40:00	Bike 2.5 hrs with hills	Swim 50:00 Low intensity	

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16 May 20		Swim 60:00 (optional)	Bike 120:00		Bike 3hrs30min After 1 hr w/u	----- Run 2hr30min with hills	-----
	Bike 1hr 30min	Run 60:00	10 min at Race pace	Swim 30:00	2 x 30 min at race pace		OFF
		3 x 5min at Race pace wth 5 min between	15 min brick easy	Run 50:00	10 min easy <b>(NIKI GONE)</b> 15 min brick	Swim 40:00 Low intensity Open water	
17 May 27	-----	Swim 60:00 (optional)	-----	----- Open water	Bike 4hrs After 1 hr w/u	----- Run 2hrs with hills	-----
	Bike 1hr 30min	Run 60:00	Bike 120:00	Swim 30:00	3 x 20 min at race pace		OFF
		4 x 5min at Race pace with 5 min between	15 min brick easy	Run 50:00	10 min easy 15 min brick	Swim 40:00 Low intensity Open water	
18 June 3	-----	Swim 60:00 (optional)	Bike 120:00	----- Open water	Bike 3hrs30min After 1 hr w/u	Run 1hr30min 3 x 5 min at race pace	-----
	Bike 1hr	Run 60:00	5 min at Race pace	Swim 30:00	2 x 15 min at race pace		OFF
		15 min brick easy	Run 50:00	4 x 800m At 10k pace	10 min easy 15 min brick	Swim 40:00 Low intensity Open water	
19 June 10	-----	Swim 60:00 (optional)	-----	----- Open water	-----	----- Run 1hr10min easy	<b>(NIKI BACK)</b>
	Bike 1hr 15min	Run 60:00	Bike 90:00	Swim 30:00	Bike 2.5 hrs		OFF
		15 min brick 5 min @ 10k pace	Run 50:00	4 x 800m At 10k pace	2 x 5 min at 40k pace	Swim 40:00 Low intensity Open water	
20 June 17 Race Week					Bike 2.5 hrs	Swim 10:00 5 x 15 sec	
	Bike 1hr	Swim 40:00	Bike 90:00	OFF	2 x 5 min At 40K pace	Bike 30-45:00	<b>RACE</b>
		Run 30:00	15 min brick 3x2 min at 10k pace			3 x 1 min builds to race pace	<b>June 23</b>
						Run 15:00	<b>GOOD</b>
						5 x 15 sec	<b>LUCK!</b>

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						builds to	
						Race pace	
						Spread these	
						Workouts out	
						If possible	
						Focus on	
						Hydration, Food, low stress	

Swims: Every Thursday (open water begins late May at Kelso). Week 1 – Week 8 has Tuesday swims – after that the Tuesday swims can be optional. Week 9 – 20 has Saturday swims added (Kelso)

Bike: Monday (short), Wednesday (medium) and Friday (long)

Run: Tuesday (short), Thursday (medium) and Saturday (long) Brick workouts begin – Week 12 on Wednesdays and Week 14 on Fridays (15 min run)