

½ IronChick Training Program – Oakville/Halton, June 2017

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Jan 30		Swim 30:00		Swim 30:00		Run 50:00	
	OFF		Bike 1hr		Bike 1hr	with hills	Bike 1hr
		Run 30:00 (5-7km)		Run 30:00 (5-7km)	with hills	(5km or hold on 10km)	
2 Feb 6		Swim 30:00		Swim 30:00		Run 50:00	
	OFF		Bike 1hr		Bike 1hr	with hills	Bike 1hr
		Run 30:00 (5-7km)		Run 30:00 (5-7km)	with hills	(6km or hold on 10km)	
3 Feb 13		Swim 30:00		Swim 30:00		Run 60:00	
	OFF		Bike 1.25hr		Bike 1.25hrs	with hills	Bike 1.25hrs
		Run 35:00 (5-7km)		Run 35:00 (5-7km)	with hills	(7km or hold on 10km)	
4 Feb 20		Swim 45:00		Swim 30:00		Run 60:00	
	OFF		Bike 1.25hr		Bike 1.5hrs	with hills	Bike 1.5hrs
		Run 35:00 (7km)		Run 35:00 (5-7km)	with hills	(8km or hold on on 10km)	
5 Feb 27		Swim 45:00		Swim 30:00		Run 65:00	
	OFF		Bike 1.5hr		Bike 1.5 hrs	with hills	Bike 1.5hrs
		Run 35:00 (7km)		Run 40:00 (5-7km)	with hills	(9km - 1/2 marathon pgm begins)	

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6 March 6						Run 70:00 with hills	
		Swim 45:00		Swim 30:00		(11km)	Bike 1.75 hrs
	OFF		Bike 1hr		Bike 1.75 hrs with hills		
		Run 35:00 (8km)		Run 45:00 (5km w hill X 2)			
7 March 13						Run 65:00 with hills	
		Swim 45:00		Swim 30:00		(13km)	Bike 1.75 hrs
	OFF		Bike 1hr Easy spin		Bike 2 hrs with hills		
		Run 30:00 (8km)		Run 40:00 (5km w 400m Repeat x 4)			
8 March 20			Bike 1.25hrs 2x10 min at			Run 75:00 with hills	
		Swim 45:00	Race pace	Swim 30:00		(12km)	Bike 2 hrs
	OFF		10 min brick easy	Run 45:00 (6km w 30 sec Sprints x 5)	Bike 2.25 hrs with hills		
		Run 40:00 (8km)					
9 March 27		Swim 50:00				Run 80:00 with hills	
			Bike 1.25hrs 2x10 min at	Swim 30:00		(15km)	Bike 2 hrs
	OFF		Race pace		Bike 2.75hrs with hills		
		Run 45:00 (10km)	10 min brick easy	Run 45:00 (6km w hill X 3)			
10 April 3		Swim 50:00				Run 1hr 45min with hills	
			Bike 1.5hrs 2x10 min at	Swim 30:00		(17km)	Bike 2 hrs
	OFF		Race pace		Bike 3 hrs with hills		
		Run 60:00 (10km)	15 min brick easy	Run 45:00 (7km w 400m Repeats x 6)			

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11 April 10 (recovery)		Swim 50:00					
						Run 1hr 30min With hills	
	OFF		Bike 1.5hrs Easy spin	Swim 30:00		(15km)	Bike 1hr
		Run 60:00 (10km)		Run 50:00 (6km w 45 sec Sprints x 5)	Bike 1.5 hrs with hills		
12 April 17		Swim 50:00			Bike 3 hrs		
						Run 2 hrs with hills	
	OFF	Run 60:00 (10km)	Bike 1.5hrs	Swim 30:00	After 1 hr w/u - 2 x 15 min at	(19km)	Bike 1.5 hrs
			15 min brick (immediate easy short run)	Run 50:00 (7km w hill X4)	race pace 10 min easy recovery		
13 April 24		Swim 50:00			Bike 2hrs		
						Run 2 hrs with hills	
	OFF	Run 60:00 (10km)	Bike 1.25 hrs	Swim 30:00	After 1 hr w/u 2 x 15 min at	(15km)	Bike 1 hr
			15 min brick easy	Run 50:00 (8km w 400m Repeats x 8)	race pace 10 min easy recovery		
14 May 1		Swim 55:00			Bike 3hr 15min After 1 hr w/u	Run 2hr15min with hills	
						(21km)	Bike 2 hrs
	OFF	Run 60:00 (10km)	Bike 1.5 hrs	Swim 30:00	3 x 15 min at race pace		
			15 min brick easy	Run 50:00 (8km w 60 sec Sprints x 5)	10 min easy 15 min brick		
15 May 8 (recovery)		Swim 55:00					
						Run 1hr30min with hills	
	OFF		Bike 1hr Easy spin	Swim 30:00		(15km)	Bike 1 hrs
		Run 45:00 (8km)		Run 40:00 (6km w hill X 5)	Bike 2.5 hrs with hills		

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16 May 15 (1/2 taper)		Swim 60:00	Bike 1hr		Bike 3hrs30min		
					After 1 hr w/u	Run 30min	
	OFF	Run 45:00 (5km)	10 min at Race pace	Swim 30:00	2 x 30 min at race pace	(5km)	Bike 1.5hrs
				Run 50:00 (5km)	10 min easy		
			15 min brick easy		15 min brick		
17 May 22		Swim 30:00			Rest	Rest	Ottawa Half Marathon
	OFF	Run 30:00 (5km)	Bike 1hr	Swim 30:00			Race day
			15 min brick easy	Run 30:00 (5km)			
18 May 29		Swim 45:00 (optional)	Bike 1hr		Bike 4hrs	Run 1hr30min (15km)	
	OFF			Open water Swim 30:00			Bike 2hrs
		Run 30:00 easy (5km optional)	15 min brick easy	Run 50:00 (5-7km)	10 min easy	Swim 40:00	
					15 min brick	Low intensity Open water	
19 June 5		Swim 60:00 (optional)		Open water		Run 1hr10min easy	
	OFF		Bike 1.5hr	Swim 30:00	Bike 2.5 hrs	(10km)	Bike 1.5 hrs
		Run 60:00 (8-10km)	15 min brick 5 min @ 10k pace	Run 50:00 (8-10km)		Swim 60:00	
						Low intensity Open water	
20 June 12		Swim 60:00 (optional)		Open water		Run 1hr10min easy	
	OFF		Bike 1.5hr	Swim 30:00	Bike 2.5 hrs	(10km)	Bike 1.5 hrs
		Run 60:00 (8-10km)	15 min brick 5 min @ 10k pace	Run 50:00 (8-10km)		Swim 60:00	
						Low intensity Open water	

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21 Race Week June 19				Swim 15:00	← Separate workouts	RACE	
		Swim 40:00	Bike 1hr	Bike 30-45:00	OFF	June 24	
	OFF				Focus on Hydration,	GOOD	
		Run 30:00 (5km)	15 min brick easy	Run 15:00 (2-3km)	Food, low stress	LUCK!	
						RACE	

Swims: Every Thursday (open water begins late May at Kelso). Week 1 – Week 18 has Tuesday swims – after that the Tuesday swims can be optional. Week 18-21 has Saturday swims added (Kelso)

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

Run: Tuesday (medium), Thursday (short w intensity) and Saturday (long) Brick workouts begin – Week 8 on Wednesdays and Week 14 on Fridays (15 min run immediately after bike ride)