



TRAINING PLAN

12

Knock minutes off your 70.3 run

Slash your half-Iron run PB in six weeks with coach Phil Mosley's training plan

This six week plan will help you run your best ever half-marathon at the end of an Ironman 70.3. It will train you to cope better with the intensity and distance involved in the 21.1km run, while keeping you in shape for the swim and cycle. But success at 70.3 is about more than fitness. The two main factors that will influence your race are race fitness and pacing.

Research conducted on Ironman 70.3 race data indicates that the ideal cycle power output for

age-groupers is between 75 and 83% of your one-hour time trial power. If you use our Training Zones (below) this would mean riding at the low end of Zone 3. This will feel surprisingly easy for at least the first 20 miles. You'll have to be mentally strong by ignoring anyone who zooms past you at the start – you'll catch them on the run. Clever bike pacing will set you up for a great run.

The two key run sessions here are the cruise intervals on a Tuesday and a 5k race on the Saturday (see ParkRun.com for free events). The

? IS THIS PLAN FOR YOU?

Goal
Improve your Ironman 70.3 run time

Timescale
6 weeks

Start point
Swim 2km (non-stop),
Cycle 2hr
30mins,
Run 1hr

Level
intermediate

cruise intervals should be done at your approximate 10-mile race pace. These sessions will improve your ability to run efficiently, as well as toughening up your legs up so that you can handle 13.1 miles in a race. The other key run session, a 5km race, is a competitive and fun way to improve your basic speed. If you can't make the Saturday races there is an interval session instead.

As for cycling, there are two midweek indoor workouts. The first is a strength session, riding in a big gear at a low cadence to develop specific leg strength. The other is a sweetspot session, riding at 86-92% of your one-hour time trial power output. If you're using our Training Zones (see below) it would be upper Zone 3 to low Zone 4. This is an ideal way to improve your power for an Ironman 70.3 without leaving you exhausted for days afterwards.

There's a Key left that describes any acronyms we've used. There's also a Training Zones table that you'll need to look at, as all the sessions are based on heart rate or perceived exertion. Listen to your body, and if you feel too fatigued or sore, take two days off then reassess before you resume training.

6 WEEK PLAN TRAINING ZONES GUIDE

DESCRIPTION	HEART RATE (%MAX)	RPE 1-10	ACCUMULATED	INTENSITY
Z1 Recovery	55-70	<2	1-6hrs	Easy
Z2 Endurance	70-75	2-3	1-3hrs	Steady
Z3 Tempo	75-80	3-4	50-90mins	Comfortable
Z4 Threshold	80-88	4-6	10-60mins	Uncomfortable
Z5 Vo ₂ max	89-100	>7	12-30mins	Hard to very hard

KEY

WU Warm up, **MAIN** Main set, **WD** Warm down, **FC** Front crawl, **PULL** Front crawl with a pull-buoy float between your thighs, **KICK** Kick with a float held out in front, **SECS** Seconds, **BACK** Backstroke, **BREAST** Breaststroke, **BUILD** Each rep faster than the previous one

Photo: Corbis



	DAY		ESSENTIAL WORKOUT		OPTIONAL WORKOUT
WEEK 1	Mon	Bike	WU 10mins Z2, 5mins as (20secs Z3, 40secs Z2) MAIN 3x8mins in low Z3, big gear, low cadence (60rpm) +3mins easy spin recoveries WD 5mins in Z2	Swim	WU 200FC, 50KICK, 50BACK, 100PULL, 100KICK MAIN 15x100FC at IM70.3 pace (Z3) +30secs rests WD 100KICK in Z2, 50BACK, 50FC, 50BREAST, 50FC
	Tue	Run	WU 20mins in Z2 MAIN 6x3mins in upper Z3/low Z4 +30secs rests WD 15mins in Z2		RECOVERY
	Wed		RECOVERY		RECOVERY
	Thur	Bike	WU 10mins Z2, 5mins as (20secs Z3, 40secs Z2) MAIN 3x11mins in upper Z3/low Z4 +60secs recoveries in Z1/Z2 WD 5mins in Z2		RECOVERY
	Fri	Swim	WU 300 as (25KICK/50FC), 100PULL, 50BACK, 50BREAST MAIN 10x50FC Z3/Z4 +10secs rests, 5x100 PULL Z3 +20secs rests, 3x200FC Z3 +30secs rests WD 300 easy choice	Run	35mins in Zone 2, on soft ground
	Sat	Run	WU 15mins build from Z2 to Z3 MAIN Park Run 5km race or 12x400m at 5km race pace +45secs rests WD 5mins in Z1/Z2	Swim	30mins easy Z2 outdoor swim
	Sun	Bike	2hrs 30mins steady ride in Zone 2		RECOVERY
WEEK 2	Mon	Bike	WU 10mins Z2, 5mins as (20secs Z3, 40secs Z2) MAIN 9,8,7mins in low Z3, big gear, low cadence (60rpm) +3mins easy spin recoveries WD 5mins in Z2	Swim	WU 3x(50FC, 50BREAST, 50FC, 50BACK) MAIN 8x50 as (25FC Z4, 25FC Z1)+15secs rests, 200PULL Z2, 4x100 as (25FC Z2, 50FC Z4, 25FC Z2) +15secs rests WD 4x50KICK in Z4 +15secs rests, 200PULL
	Tue	Run	WU 25mins in Z2 MAIN 3x7mins in upper Z3/low Z4 +60secs rests WD 20mins in Z2		RECOVERY
	Wed		RECOVERY		RECOVERY
	Thur	Bike	WU 10mins Z2, 5mins as (15secs Z4, 45secs Z2) MAIN 6,6,5,5,4,4mins all in upper Z3/low Z4 +30secs rests WD 5mins in Z2		RECOVERY
	Fri	Swim	WU 200PULL, 100FC, 200PULL, 100FC MAIN 400FC Z3 +40secs rest, 300PULL Z3 +30secs rest, 200FC Z3 +20secs rest, 2x100FC Z4 +10secs rests WD 100BACK, 100FC, 100BREAST, 100FC	Run	40mins all in Zone 2
	Sat	Run	WU 15mins build from Z2 to Z3 MAIN Park Run 5km race or 6x800m at 5km race pace +90secs rests WD 5mins in Z1/Z2		RECOVERY
	Sun	Bike	2hrs 45mins steady ride in Zone 2	Swim	30mins easy Z2 outdoor swim
WEEK 3	Mon		RECOVERY		RECOVERY
	Tue	Run	WU 15mins in Z2 MAIN 15mins as (2mins at 10km race pace, 60secs walk) WD 5mins in Z2	Swim	WU 400FC Z2, 200BACK Z2 +20secs rests MAIN 8x50FC BUILD +15secs rests, 200PULL Z4 +30secs rest, 4x100FC Z4 +30secs rests WD 100PULL, 100FC
	Wed	Bike	WU 6mins Z2, 4mins as (15secs Z4, 45secs Z2) MAIN 4x5mins in upper Z3/low Z4 +30secs rests WD 5mins in Z2		RECOVERY
	Thur	Swim	WU 4x100 easy as (25FC, 25BACK, 50KICK)+10secs rests MAIN 8x100FC Z3 +15secs rests WD 100FC, 100BACK, 100KICK, 100FC	Run	30mins all in Zone 2
	Fri		RECOVERY		RECOVERY
	Sat	Bike	3hrs steady ride in Zone 2		RECOVERY
	Sun	Run	1hr 40mins easy Z2 run, soft ground	Swim	30mins easy Z2 outdoor swim



	DAY	ESSENTIAL WORKOUT	OPTIONAL WORKOUT
WEEK 4	Mon	RECOVERY	RECOVERY
	Tue	Bike WU 10mins Z2. 5mins as (20secs Z3, 40secs Z2) MAIN 15, 12, 8mins in upper Z3/low Z4 +45secs recoveries in Z1/Z2 WD 5mins in Z2	Swim WU 2x(50 each FC, BACK, BREAST, PULL; 100KICK) +15secs MAIN 4x100FC Z3 +15secs, 8x50FC Z4 +15secs, 4x100FC Z3 +15secs rests, 4x50FC Z4 +30secs WD 100 each KICK, BACK, BREAST, PULL
	Wed	Run WU 30mins in Z2 MAIN 5x5mins in upper Z3/low Z4 +45secs rests WD 25mins in Z2	RECOVERY
	Thur	Swim WU 200PULL, 100FC, 200PULL, 100FC MAIN All in Z3 +20secs rests: 100PULL, 200FC, 300PULL, 400FC, 300PULL, 200FC, 100PULL WD 100KICK, 200 easy choice	RECOVERY
	Fri	Bike WU 10mins Z2. 5mins as (20secs Z3, 40secs Z2) MAIN 5x5mins in low Z3, big gear, low cadence (60rpm) +2mins easy spin recoveries WD 5mins in Z2	RECOVERY
	Sat	Brick Ride 3 hours in Zone 2 into run 30mins in Z2	RECOVERY
	Sun	Run 1hr 40mins asy Z2 run, soft ground	Swim 30mins easy Z2 outdoor swim
WEEK 5	Mon	RECOVERY	RECOVERY
	Tue	Bike WU 10mins Z2. 5mins as (20secs Z3, 40secs Z2) MAIN 20 mins and 15mins all in upper Z3/low Z4 +60secs recovery in Z1/Z2 WD 5mins in Z2	Swim WU 300 as (25KICK/50FC), 200PULL, 100FC MAIN 7x200FC as (50 Z2, 100 Z3, 50 Z4) +30secs rests WD 200 BACK/BREAST Z2, 200PULL
	Wed	Run WU 25mins in Z2 MAIN 2x10mins in upper Z3/low Z4 +60secs rests WD 10mins in Z2	RECOVERY
	Thur	Swim WU 3x200 as (50FC, 50BACK, 50FC, 50KICK) +15secs MAIN 4x200Z3 as (100FC/100PULL) +20secs, 100KICK Z2, 6x100FC Z3 +10secs WD 200 as (50KICK, 50PULL) +30secs, 200 as (100BACK, 100BREAST)	RECOVERY
	Fri	Bike WU 10mins Z2. 5mins as (20secs Z3, 40secs Z2) MAIN 9,8,7mins all in low Z3, big gear, low cadence (60rpm) +3mins easy spin recoveries WD 5mins in Z2	RECOVERY
	Sat	Brick Ride 2 hours in Zone 2 into Run 30mins in Z2	RECOVERY
	Sun	Run 1hr 15mins easy Z2 run, soft ground	Swim 30mins easy Z2 outdoor swim
WEEK 6	Mon	RECOVERY	RECOVERY
	Tue	Run WU 20mins in Z2 MAIN 2x (2mins at 10k race pace, 60secs walk) WD 9mins in Z2	RECOVERY
	Wed	Bike WU 20 mins in Z2 MAIN 30mins in low Z3 WD 10mins in Z2	RECOVERY
	Thur	Swim WU 10mins FC in Z2 MAIN 3x3mins FC at IM70.3 pace (Z3) +60secs rests WD 10mins FC in Z2	Bike 30mins all in Zone 2
	Fri	Run 25mins easy Z2 run, soft ground	RECOVERY
	Sat	RECOVERY	RECOVERY
	Sun	Race day Ironman 70.3 triathlon	RECOVERY