

**10 WEEKS** **TO YOUR BEST** **70.3**

**WEEK 1****MONDAY**  
**Recovery Day**

Take it easy, put your feet up and get ready to start your 10-week training program. If you can schedule massage today, or take a nap, please do. Try to do the best you can to promote recovery, including diet, sleep, and activity choices.

**TUESDAY**

**Swim** / Alternating Pull and Build / 2000 yds  
Warm-up for 500 easy, then complete 3x400, with the sets alternating one as pull, one as build. Cool down easy 300.  
56-78% HR  
80-98% base pace



**Run** / Easy run as 4 mins run/1 min walk / 30min  
This is an easy run. You will run for 4 minutes, then walk for 1 minute. You will continue this cycle for the duration of the run.  
65-85% HR  
63-84% Pace  
50-89% Power

**WEDNESDAY**

**Swim** / 70.3 Swim Test Set / 2800 yds  
Warm up: 200 building speed each 50 (slow-medium-faster-fastest). Rest 30 sec. Then 5 x 400 (10 sec recoveries) building speed on each 100 (slow-medium-faster-fastest). Recover 10 seconds after last one. Then swim a 500 time trial. All out. Your average 100 pace for this is your Base Pace for future workouts. Then swim easy, 100 cool down. (2800y)



**Bike** / Threshold Test / 90min  
Warm up well. You can do some openers, which would include some short bursts of speed with long recoveries. The goal here is to do a 30-minute best effort. If you will be training indoors, you should do the test inside. Those watts or heartrate (HR) values can be quite different than outside. To determine your estimated threshold power, average your watts for the full 30 mins of the test. If you are using HR to determine threshold HR, take the average of the last 20 mins of the test.  
Cool down 15 mins easy.

**THURSDAY**

**Run** / 30-Min Run Test / 60min  
Warm up well, 15 mins easy, then a few pick-ups of about 10-15 secs each. The test is a 30-minute time trial on flat course/track. The average of the last 20 mins of the 30-min time trial is your threshold HR or threshold pace, whichever you choose to base your zones off of. It's important to get HR data, even if you don't plan to use it during training. This is the standard for you to beat in the future: faster pace at same HR, or same pace with lower HR.

**FRIDAY**

**Swim** / Easy swim, mostly pulling / 30min  
Easy swim, mostly pulling. Your choice of sets, but recovery and light strength/aerobic work is the focus.



**Bike** / Easy to moderate cadence variance / 35min  
This ride is relatively easy, nothing over Z2 watts or Z2 HR. From the beginning, you will do a 15 min cycle of 5 mins at 60-70 rpms, 5 mins at 80-90 rpms, and the last 5 mins at 110-120 rpms.  
50-65% HR  
30-70% Power

**SATURDAY**

**Bike** / Easy ride / 2.5 hours  
Comfortably high rpm. This is intended to be an aerobic building or maintenance ride. We're not trying to set any records, just putting in the time.  
50-65% HR  
30-70% Power



**Run** / Transition Run Easy / 15min  
Transition run off the bike easy  
65-85% HR  
63-90% Pace  
50-89% power

**SUNDAY**

**Run** / Endurance run as 5 mins run/1 min walk / 60min  
Endurance run, relatively easy, all Zone 2 or lower, as 5 mins run, 1 min walk. You will complete this cycle for the duration of the run.  
65-85% HR  
63-78% Pace  
50-85% Power



**Bike** / Easy ride / 30min  
Comfortably high rpm. This is intended to be an aerobic building or maintenance ride. We're not trying to set any records, just putting in the time.  
50-65% HR  
30-70% Power

**WEEK 2****MONDAY**  
**Recovery Day**

Take it easy, put your feet up and enjoy a well earned rest and recovery day. If you can schedule massage today, or take a nap, please do. Try to do the best you can to promote recovery, including diet, sleep, and activity choices.

**TUESDAY****Swim** / Alternating Pull and Build / 2800 yds

Warm-up for 500 easy, then complete 4x500, alternating one as pull, one as build. Cool down easy 300.

56-78% HR  
80-98% base pace**Bike** / Z2 Intervals / 39min

On the trainer, 5 min warm-up spin, then straight away into 2x10 min Z2 watts/HR interval with 2 mins recovery after each effort, then a 10 min cool down.

50-75% HR  
60-79% Power**Run** / Easy run as 4 mins run/1 min walk / 30min

This is an easy run. You will run for 4 mins, then walk for 1 minute. You will continue this cycle for the duration of the run.

65-85% HR  
63-84% Pace  
50-89% Power**WEDNESDAY****Swim** / Recovery Swim / 3000 yds

This swim is all about active recovery, we're not trying to push here. WU: 400 easy, 12x25 (descend —ie. get faster—on efforts 1-4, 5-8, 9-12, but only max out at 80%, with the easiest effort as base interval plus 10 secs rest)

300 relaxed

MS: 4x300 pull, no-walls (flip turn before the wall, no push off the wall allowed), base interval for the 300, plus 20 secs rest between 3x100 kick on back, tight core

10x50 build the first 25, then easy 25 back

CD: 300 easy

**Bike** / 10min Z3/5 min Z2 repeated / 60min

Warm-up easy for 10 mins, then do 10 mins at Z3 power/HR, 5 mins at Z2, repeated for the duration. Cool down 5 mins easy.

**THURSDAY****Run** / Easy run as 4 mins run - 1 min walk / 40min

This is an easy run. You will run for 4 mins, then walk for 1 minute. You will continue this cycle for the duration of the run.

65-85% HR  
63-84% Pace  
50-89% Power**FRIDAY****Swim** / Easy swim, mostly pulling / 45min

Easy swim, mostly pulling. Your choice of sets, but recovery and light strength/aerobic work is the focus.

**Bike** / Easy to moderate cadence variance / 35min

This ride is relatively easy, nothing over Z2 watts or Z2 HR. From the beginning, you will do a 15 min cycle of 5 mins at 60-70 rpms, 5 mins at 80-90 rpms, and the last 5 mins at 110-120 rpms.

50-65% HR  
30-70% Power**SATURDAY****Bike** / Easy ride / 3 hours

Comfortably high rpm. This is intended to be an aerobic building or maintenance ride. We're not trying to set any records, just putting in the time.

50-65% HR  
30-70% Power**Run** / Transition Run Easy / 20min

Transition run off the bike easy

65-85% HR  
63-90% Pace  
50-89% power**SUNDAY****Run** / Endurance run as 6 mins run/1 min walk / 70min

Endurance run, relatively easy, all Zone 2 or lower, as 6 mins run, 1 min walk. You will complete this cycle for the duration of the run.

65-85% HR  
63-78% Pace  
50-85% Power**Bike** / Easy ride / 45min

Comfortably high rpm. This is intended to be an aerobic building or maintenance ride. We're not trying to set any records, just putting in the time.

50-65% HR  
30-70% Power

**WEEK 3****MONDAY**  
**Recovery Day**

Take it easy, put your feet up and enjoy a well earned rest and recovery day. If you can schedule massage today, or take a nap, please do. Try to do the best you can to promote recovery, including diet, sleep, and activity choices.

**TUESDAY****Swim** / Recovery focused swim / 3000 yds

1500 straight, building by 500's to 60-70% effort

10 x 100 (optional with paddles) at 70% on base interval with 10 secs rest  
500 cooldown**Bike** / Z2 Intervals / 49min

On the trainer, 5 min warm-up spin, then straight away into 2x15 min Z2 watts/HR interval with 2 mins recovery after each, then a 10 min cool down.

50-75% HR  
60-79% Power**Run** / Easy run as 4 mins run/1 min walk / 30min

This is an easy run. You will run for 4 mins, then walk for 1 minute. You will continue this cycle for the duration of the run.

65-85% HR  
63-84% Pace  
50-89% Power**WEDNESDAY****Swim** / 70.3 Test Set / 4000 yds

WU: 500 choice w/u and drills; 400 aerobic pull and build MS:

10x100 at 85-90% max effort with 30 secs rest  
300 aerobic pull  
10x100 at 90-95% max effort with 30 secs rest  
400 negative split pull

CD: 400 easy choice

The average for the two rounds of 10x100 is what we care about most, and will show how well you're improving for the 70.3 swim.

**Bike** / 10min Z3/5 min Z2 repeated / 75min

Warm-up easy for 10 mins, then do 10 mins at Z3 power/HR, 5 mins at Z2, repeated for the duration. Cool down 5 mins easy.

**THURSDAY****Run** / Easy run as 4 mins run - 1 min walk / 50min

This is an easy run. You will run for 4 mins, then walk for 1 minute. You will continue this cycle for the duration of the run.

65-85% HR  
63-84% Pace  
50-89% Power**FRIDAY****Swim** / Easy swim, mostly pulling / 60min

Easy swim, mostly pulling. Your choice of sets, but recovery and light strength/aerobic work is the focus.

**Bike** / Easy to moderate cadence variance / 50min

This ride is relatively easy, nothing over Z2 watts or Z2 HR. From the beginning, you will do a 15 min cycle of 5 mins at 60-70 rpms, 5 mins at 80-90 rpms, and the last 5 mins at 110-120 rpms.

50-65% HR  
30-70% Power**SATURDAY****Bike** / Easy ride finished with steady effort / 2.5 hours

Comfortably high rpm. This is intended to be an aerobic building or maintenance ride. We're not trying to set any records, just putting in the time. Then we finish with a steady effort for 30 mins. This is easier than race intensity, but a step above an easy ride. This is an effort that when you finish, you felt you could have kept going on for a long time.

Easy                      Steady  
50-65% HR              50-70% HR  
30-70% Power           60-85% Power**Run** / Transition Run Easy / 25min

Transition run off the bike easy

65-85% HR  
63-90% Pace  
50-89% power**SUNDAY****Run** / Endurance run as 7 mins run-1 min walk / 80min

Endurance run, relatively easy, all Zone 2 or lower, as 7 mins run, 1 min walk. You will complete this cycle for the duration of the run.

65-85% HR  
63-78% Pace  
50-85% Power**Bike** / Easy ride / 60min

Comfortably high rpm. This is intended to be an aerobic building or maintenance ride. We're not trying to set any records, just putting in the time.

50-65% HR  
30-70% Power

**WEEK 4****MONDAY**  
**Recovery Day**

Take it easy, put your feet up and enjoy a well earned rest and recovery day. If you can schedule massage today, or take a nap, please do. Try to do the best you can to promote recovery, including diet, sleep, and activity choices.

**TUESDAY**

**Swim** / Recovery swim / 3800 yds  
Warm-up for 500 easy, then complete 5x600 the sets alternating one as pull, one as build. Cool down easy 300.  
56-78% HR  
80-98% base pace



**Bike** / Z2 Intervals / 59min  
On the trainer, 5 min warm-up spin, then straight away into 2x20 min Z2 watts/HR interval with 2 mins recovery between each, followed by a 10 min cool down.  
50-75% HR  
60-79% Power



**Run** / Transition Run - First 90 secs @ race pace / 15min  
Transition run off the bike, with the first 90 secs at race intensity, then the rest is easy.

**WEDNESDAY**

**Swim** / 1000 @ race pace / 5000 yds  
W/U: 300  
5x100 descend — ie. get faster each 100 (30 secs rest)  
MS: 1000 @ race pace (Base Pace + 1:00 rest)  
500 - 75 Easy, 25 Fast (1:00 rest)  
10x100 @ Base Pace + 10 secs rest, descend the 100s  
3x500 pull (#1 25 quick, 25 ez, #2 50 quick, 50 ez, #3 negative split)  
CD: 200 easy



**Bike** / 20min Z3-Z4 intervals, into 30 min steady @ 70.3 intensity / 96min

Warm-up easy for 10 mins, then do two intervals of 20 mins at Z3-Z4, with 3 min recovery. Then into 30 mins steady at your 70.3 goal intensity. Cool down 10 mins easy. (Tip, start the 20 min intervals conservative).

**THURSDAY**

**Run** / Easy run as 4 mins run - 1 min walk / 55min  
This is an easy run. You will run for 4 mins, then walk for 1 minute. You will continue this cycle for the duration of the run.  
65-85% HR  
63-84% Pace  
50-89% Power

**FRIDAY**

**Swim** / Easy swim, mostly pulling / 60min  
Easy swim, mostly pulling. Your choice of sets, but recovery and light strength/aerobic work is the focus.



**Bike** / Easy to moderate cadence variance / 50min

This ride is relatively easy, nothing over Z2 watts or Z2 HR. From the beginning, you will do a 15 min cycle of 5 mins at 60-70 rpms, 5 mins at 80-90 rpms, and the last 5 mins at 110-120 rpms.  
50-65% HR  
30-70% Power

**SATURDAY**

**Bike** / Easy ride finished with steady effort / 3 hours  
Comfortably high rpm. This is intended to be an aerobic building or maintenance ride. We're not trying to set any records, just putting in the time. Then we finish with a steady effort for 60 mins. This is easier than race intensity, but a step above an easy ride. This is an effort that when you finish, you feel you could have kept going on for a long time.



Easy	Steady
50-65% HR	30-70% HR
30-70% Power	60-85% Power

**Run** / Transition Run - 3x10 mins build to 70.3 pace / 40min

Off the bike and start easy, build this progressively for 10 mins. Peak of the build is your 70.3 pace for the last minute. Then repeat that set. Finish with 10 mins easy jog to cool down.

**SUNDAY**

**Run** / Endurance run as 8 mins run/1 min walk / 90min  
Endurance run, relatively easy, all Zone 2 or lower, as 8 mins run, 1 min walk. You will complete this cycle for the duration of the run.  
65-85% HR  
63-78% Pace  
50-85% Power



**Bike** / Easy ride / 75min

Comfortably high rpm. This is intended to be an aerobic building or maintenance ride. We're not trying to set any records, just putting in the time.  
50-65% HR  
30-70% Power

**WEEK 5****MONDAY**  
**Recovery Day**

Take it easy, put your feet up and enjoy a well earned rest and recovery day. If you can schedule massage today, or take a nap, please do. Try to do the best you can to promote recovery, including diet, sleep, and activity choices.

**TUESDAY**

**Swim** / 2900 yds  
WU: 4x300 as 100, 100 kick, 100 drill  
MS: 12x50 - odds focus on distance per stroke, evens build (Base interval, with 10 secs rest) 3x [150, 100, 50]  
1st Round: take 15 secs, 10 secs, 5 secs rest  
2nd Round: 20 secs, 15 secs, 10 secs rest  
3rd Round: 25 secs, 20 secs, 15 secs  
CD: 200

**Bike** / Z2 Intervals / 69min  
On the trainer, 5 min warm-up spin, then straight away into 2x25 min Z2 watts/HR interval with 2 mins recovery between each, followed by a 10 min cool down.  
50-75% HR  
60-79% Power

**Run** / Transition Run - First 90 secs @ race pace / 15min  
Transition run off the bike, with the first 90 secs at race intensity, then the rest is easy

**WEDNESDAY**

**Swim** / 1500, 5x200 / 3500yds  
WU: 800 - 100, 100 kick, 100, 100 pull  
MS: 1500 - Keep head up every 4th 25 (Base Interval plus 2 mins rest)  
5x200 (Base Pace + secs rest) as 50 Fast, 100 Easy, 50 Medium  
CD: 200

**Bike** / 70.3 intensity / 96min  
Warm-up easy for 10 mins, then do 2 intervals of 20 mins at Z3-Z4, with 3 min recovery. Then into 30 mins steady at your 70.3 goal intensity. Cool down 10 mins easy. (Tip, start the 20 min intervals conservatively)

**Run** / Transition Run - Build / 15min  
Transition run, straight off the bike, building the pace from easy

**THURSDAY**

**Run** / Easy run as 4 mins run - 1 min walk / 60min  
This is an easy run. You will run for 4 mins, then walk for 1 minute. You will continue this cycle for the duration of the run.  
65-85% HR  
63-84% Pace  
50-89% Power

**FRIDAY**

**Swim** / Easy swim, mostly pulling / 60min  
Easy swim, mostly pulling. Your choice of sets, but recovery and light strength/aerobic work is the focus.

**Bike** / Easy to moderate cadence variance / 65min  
This ride is relatively easy, nothing over Z2 watts or Z2 HR. From the beginning, you will do a 15 min cycle of 5 mins at 60-70 rpms, 5 mins at 80-90 rpms, and the last 5 mins at 110-120 rpms.  
50-65% HR  
30-70% Power

**SATURDAY**

**Bike** / Aerobic Threshold Ride (AeT) / 2 hours  
Warm up 20 minutes easy. Then ride 90 mins steady at zone 2. This should be right at an effort where your breathing becomes slightly labored, and holding a conversation becomes difficult. Cool down for 10 mins easy. AeT stands for Aerobic Threshold, where your aerobic system is taxed.  
AeT Steady  
65-84% HR  
60-85% Power

**Run** / Transition Run - 3x8 mins at 70.3 pace / 40min  
Off the bike right into your goal pace for 70.3 for 8 mins, then 1 min walk, 1 min easy jog recovery. Repeat the 8-1-1 cycle for 3x thru. Finish with 10 mins easy jog cool down

**SUNDAY**

**Run** / Endurance run as 9 mins run/1 min walk / 100min  
Endurance run, relatively easy, all Zone 2 or lower, as 9 mins run, 1 min walk. You will complete this cycle for the duration of the run.  
65-85% HR  
63-78% Pace  
50-85% Power

**Bike** / Easy ride / 90min  
Comfortably high rpm. This is intended to be an aerobic building or maintenance ride. We're not trying to set any records, just putting in the time.  
50-65% HR  
30-70% Power



**WEEK 6****MONDAY**  
**Recovery Day**

Take it easy, put your feet up and enjoy a well earned rest and recovery day. If you can schedule massage today, or take a nap, please do. Try to do the best you can to promote recovery, including diet, sleep, and activity choices.

**TUESDAY****Swim** / 300, 2x200, 300 / 2700 yds

WU: 400 ez, 300 pull, 200 build

MS:

1x300 (20 secs rest)

2x200 (15 secs rest between each)

1x300 (20 secs rest)

2x200 (15 secs rest between each)

1x300

CD: 100

**Bike** / Z2 Intervals / 79min

On the trainer, 5 min warm-up spin, then straight away into 2x30 min Z2 watts/HR interval with 2 mins recovery between each, followed by a 10 min cool down.

50-75% HR

60-79% Power

**Run** / Transition Run - First 90 secs @ race pace / 15min

Transition run off the bike, with the first 90 secs at race intensity, then the rest is easy.

**WEDNESDAY****Swim** / 1500, 5x200 / 3500 yds

WU: 800 as 2x[100, 100 kick, 100, 100 pull]

MS: 1500 - Keep head up every 4th 25 (Base Interval with 2 mins rest)

5x200 (Base Pace, with 30 secs rest) as 50 Fast,

100 Easy, 50 Mod

CD: 200

**Bike** / 20m Z3-Z4 intervals, into 30 min steady @ 70.3 intensity / 96min

Warm-up easy for 10 mins, then do 2 intervals of 20 mins at Z3-Z4, with 3 min recovery. Then into 30 mins steady at your 70.3 goal intensity. Cool down 10 mins easy. (Tip, start the 20 min intervals conservatively)

**Run** / Transition Run - Build / 20min

Transition run, straight off the bike, building the pace from easy to how you feel at the peak.

**THURSDAY**  
**Recovery Day**

Take it easy, put your feet up and enjoy a well earned rest and recovery day. If you can schedule massage today, or take a nap, please do. Try to do the best you can to promote recovery, including diet, sleep, and activity choices.

**FRIDAY****Swim** / Easy swim, mostly pulling / 60min

Easy swim, mostly pulling. Your choice of sets, but recovery and light strength/aerobic work is the focus.

**SATURDAY****Bike** / Aerobic Threshold Ride (AeT) / 2.5 hours

Warm up 20 minutes easy. Then ride 120 mins steady at zone 2.

This should be right at an effort where your breathing becomes slightly labored, and holding a conversation becomes difficult.

Cool down for 10 mins easy.

AeT stands for Aerobic Threshold, where your aerobic system is taxed.

AeT Steady

65-84% HR

60-85% Power

**Run** / Transition Run - 4x10 mins at 70.3 pace / 40min

Off the bike and start at your 70.3 pace for 4x10 mins, with 2 min recovery as 1 min walk, 1 min jog float. Finish with 10 mins easy jog to cool down.

**SUNDAY****Run** / Endurance run as 9 mins run/1 min walk / 90min

Endurance run, relatively easy, all Zone 2 or lower, as 9 mins run, 1 min walk. You will complete this cycle for the duration of the run.

65-85% HR

63-78% Pace

50-85% Power

**Bike** / Easy ride / 90min

Comfortably high rpm. This is intended to be an aerobic building or maintenance ride. We're not trying to set any records, just putting in the time.

50-65% HR

30-70% Power

**WEEK 7****MONDAY**  
**Recovery Day**

Take it easy, put your feet up and enjoy a well earned rest and recovery day. If you can schedule massage today, or take a nap, please do. Try to do the best you can to promote recovery, including diet, sleep, and activity choices.

**TUESDAY**

**Swim** / 400, 2x200, 400 / 3000 yds  
WU: 400, 300 pull, 200 kick



MS:

1x400 (20 secs rest)

2x200 (15 secs rest between each)



1x400 (20 secs rest)

2x200 (15 secs rest)

1x400

CD: 100

**Bike** / Z2 Intervals / 89min

On the trainer, 5 min warm-up spin, then straight away into 2x35 min Z2 watts/HR interval with 2 mins recovery between each, followed by a 10 min cool down.

50-75% HR

60-79% Power

**Run** / Transition Run - First 90 secs @ race pace / 15min

Transition run off the bike, with the first 90 secs at race intensity, then the rest is easy

**WEDNESDAY**

**Swim** / 1500, 5x200 / 3500 yds

W/U 800 as 2x [100, 100 kick, 100, 100 pull]



MS: 1500 - Keep head up every 4th 25 (Base Interval with 2 mins rest)

5x200 (Base Pace with 30 secs rest) as 50 fast,

100 easy, 50 medium



CD: 200

**Bike** / 20m Z3-Z4 intervals, into 30 min steady @ 70.3 intensity / 119min

Warm-up easy for 10 mins, then do three intervals of 20 mins at Z3-Z4, with 3 min recovery between each. Then into 30 mins steady at your 70.3 goal intensity. Cool down 10 mins easy. (Tip, start the 20 min intervals conservatively.)

**Run** / Transition Run - Build / 25min

Transition run, straight off the bike, building the pace from easy to how you feel at the peak

**THURSDAY**

**Run** / Moderate pace run as 4 mins run/1 min walk / 60min

Moderate pace run, as you feel. You will run for 4 mins, then walk for 1 minute. You will do this for the duration of the run.

65-90% HR

63-95% Pace

81-96% Power

**FRIDAY**

**Swim** / Easy swim, mostly pulling / 60min

Easy swim, mostly pulling. Your choice of sets, but recovery and light strength/aerobic work is the focus.



**Bike** / Easy to moderate cadence variance / 65min

This ride is relatively easy, nothing over Z2 watts or Z2 HR. From the beginning, you will do a 15 min cycle of 5 mins at 60-70 rpms, 5 mins at 80-90 rpms, and the last 5 mins at 110-120 rpms.

50-65% HR

30-70% Power

**SATURDAY**

**Bike** / Aerobic Threshold Ride (AeT) / 3 hours

Warm up 20 minutes easy. Then ride 90 mins steady at zone 2. This should be right at an effort where your breathing becomes slightly labored, and holding a conversation becomes difficult. Cool down for 10 mins easy. AeT stands for Aerobic Threshold, where your aerobic system is taxed.

AeT Steady

65-84% HR

60-85% Power



**Run** / Transition Run @ 70.3 Goal Pace / 40min

Off the bike, do this right at 70.3 goal pace. If using run power, pay attention to both power and pace, making sure the power doesn't exceed goal watts. After the run, walk for a minimum of 5 mins easy.

**SUNDAY**

**Run** / Endurance run as 9 mins run/1 min walk / 100min

Endurance run, relatively easy, all Zone 2 or lower, as 9 mins run, 1 min walk. You will complete this cycle for the duration of the run.

65-85% HR

63-78% Pace

50-85% Power



**Bike** / Easy ride / 90min

Comfortably high rpm. This is intended to be an aerobic building or maintenance ride. We're not trying to set any records, just putting in the time.

50-65% HR

30-70% Power

**WEEK 8****MONDAY**  
**Recovery Day**

Take it easy, put your feet up and enjoy a well earned rest and recovery day. If you can schedule massage today, or take a nap, please do. Try to do the best you can to promote recovery, including diet, sleep, and activity choices.

**TUESDAY****Swim** / Steady/Fast / 5000 yds

WU: 500 easy

MS: 10x400 Steady w/ first 10 strokes of each 100 hard.

15 seconds rest between sets.

All 400s same pace.

CD: 500 easy

**Run** / AeT Steady State / 60min

Warm-up well for 20 mins, building your heart rate up. Then on a mostly flat course run 30 minutes at 20 bpm below your threshold heart rate, about high zone 2. Cool down with an easy jog or walk for 10 mins.

Steady is:

88-90% HR

Pace is variable

89-90% Power

**WEDNESDAY****Swim** / 1000 @ Race Pace / 3500 yds

WU: 200

5x100 descend—ie. get faster each 100—30 secs rest

MS: 1000 @ race pace (1:00 rest)

500 - 75 Easy, 25 Fast (1:00 rest)

10x100 @ Base Pace + 10 secs rest, descend

CD: 300

**Bike** / 20m Z3-Z4 intervals, into 30 min steady @ 70.3 intensity / 142min

Warm-up easy for 10 mins, then do 4 intervals of 20 mins at Z3-Z4, with 3 min recovery. Then into 30 mins steady at your 70.3 goal intensity. Cool down 10 mins easy. (Tip, start the 20 min intervals conservatively)

**Run** / Transition Run - Build / 30min

Transition run, straight off the bike, building the pace from easy to how you feel at the peak

**THURSDAY****Run** / Moderate pace run as 4 mins run/1 min walk / 70min

Moderate pace run, a bit as you feel. You will run for 4 mins, then walk for 1 minute. You will do this for the duration of the run.

65-90% HR

63-95% Pace

81-96% Power

**FRIDAY****Swim** / Easy swim, mostly pulling / 60min

Easy swim, mostly pulling. Your choice of sets, but recovery and light strength/aerobic work is the focus.

**Bike** / Easy to moderate cadence variance / 80min

This ride is relatively easy, nothing over Z2 watts or Z2 HR. From the beginning, you will do a 15 min cycle of 5 mins at 60-70 rpms, 5 mins at 80-90 rpms, and the last 5 mins at 110-120 rpms.

50-65% HR

30-70% Power

**SATURDAY****Bike** / Aerobic Threshold Ride (AeT) / 3 hours

Warm up 20 minutes easy. Then ride 90 mins steady at zone 2. This should be right at an effort where your breathing becomes slightly labored, and holding a conversation becomes difficult. Cool down for 10 mins easy. AeT stands for Aerobic Threshold, where your aerobic system is taxed.

AeT Steady

65-84% HR

60-85% Power

**Run** / Transition Run @ 70.3 Goal Pace / 50min

Off the bike, do this right at 70.3 goal pace. If using run power, pay attention to both power and pace, making sure the power doesn't exceed goal watts. After the run, walk for a minimum of 5 mins easy.

**SUNDAY****Run** / Endurance run as 9 mins run/1 min walk / 100min

Endurance run, relatively easy, all Zone 2 or lower, as 9 mins run, 1 min walk. You will complete this cycle for the duration of the run.

65-85% HR

63-78% Pace

50-85% Power

**Bike** / Easy ride / 90min

Comfortably high rpm. This is intended to be an aerobic building or maintenance ride. We're not trying to set any records, just putting in the time.

50-65% HR

30-70% Power



**WEEK 9****MONDAY**  
**Recovery Day**

Take it easy, put your feet up and enjoy a well earned rest and recovery day. If you can schedule massage today, or take a nap, please do. Try to do the best you can to promote recovery, including diet, sleep, and activity choices.

**TUESDAY****Swim** / Moderate Efforts / 2700 yds

W/U: 6x75 (20 secs rest)

MS: 2x200 (20 secs rest between each)

1x100 moderate effort (20 secs rest)

2x300 (30 secs rest between each)

1x100 moderate effort (20 secs rest)

2x400 (40 secs rest)

1x100 moderate effort

CD: 6x75 (50 free, 20 back) (20 rest)

**Run** / AeT Steady State / 75min

Warm-up well for 20 mins, building your heart rate up. Then on a mostly flat course run 45 minutes at 20 bpm below your threshold heart rate, about high zone 2. Cool down with an easy jog or walk for 10 mins.

Steady is:

88-90% HR

Pace is variable

89-90% Power

**WEDNESDAY****Swim** / 2 x [4x100] HARD / 2800 yds

WU: 10 mins easy

8x50 evens build (15 secs rest)

200 easy swim

MS:

4x100 hard (20 secs rest between each)

200 easy swim

4x100 hard (20 secs rest between each)

200 easy

CD: 500 pull very easy

**Bike** / 20m Z3-Z4 intervals, into 30 min steady @ 70.3 intensity / 142min

Warm-up easy for 10 mins, then do four intervals of 20 mins at Z3-Z4, with 3 min recovery.

Then into 30 mins steady at your 70.3 goal intensity. Cool down 10 mins easy. (Tip, start the 20 min intervals conservatively)

**Run** / Transition Run - Build / 30min

Transition run, straight off the bike, building the pace from easy to how you feel at the peak

**THURSDAY****Run** / Moderate pace run as 4 mins run/1 min walk / 75min

Moderate pace run, a bit as you feel. You will run for 4 mins, then walk for 1 minute. You will do this for the duration of the run.

65-90% HR

63-95% Pace

81-96% Power

**FRIDAY****Swim** / Easy swim, mostly pulling / 60min

Easy swim, mostly pulling. Your choice of sets, but recovery and light strength/aerobic work is the focus.

**SATURDAY****Bike** / 10min Z3/5 min Z2 repeated / 75min

Warm-up easy for 10 mins, then do 10 mins at Z3 power/HR, 5 mins at Z2, repeated for the duration. Cool down 5 mins easy.

**Run** / Transition Run @ 70.3 Goal Pace / 20min

Off the bike, do this right at 70.3 goal pace. If using run power, pay attention to both power and pace, making sure the power doesn't exceed goal watts. After the run, walk for a minimum of 5 mins easy.

**SUNDAY****Run** / Build run as 9 mins build/1 min walk / 60min

You will run for 5 mins, building each minute to be faster than the one before it, then walk for 1 minute. If you do this right, the peak speed of each build should be faster than the peak of the 5 min segment before it. You will do this 5/1 protocol for the duration of the run.

**WEEK 10****MONDAY**  
**Recovery Day**

Take it easy, put your feet up and enjoy a well earned rest and recovery day. If you can schedule massage today, or take a nap, please do. Try to do the best you can to promote recovery, including diet, sleep, and activity choices.

**TUESDAY**

**Swim** / Easy swim, mostly pulling / 60min  
Easy swim, mostly pulling. Your choice of sets, but recovery and light strength/aerobic work is the focus.



**Run** / Easy run as 4 mins run/1 min walk / 30min  
This is an easy run. You will run for 4 mins, then walk for 1 minute. You will continue this cycle for the duration of the run.  
65-85% HR  
63-84% Pace  
50-89% Power

**WEDNESDAY**

**Swim** / 70.3 Race Sharpening / 3000 yds  
WU: 1000 your choice, with a mix of intensity  
MS:  
2x [3x200] on base interval, descending 1 to 3, with the third 200 at race intensity—400 easy recovery swim in between rounds  
Second round: Build to 3rd 200 at RACE START intensity.  
CD: 400 pull



**Bike** / 70.3 Taper Intervals / 58min  
Warm-up long and easy, then do 4x5 mins at your 70.3 goal intensity, each with 2 min recoveries after. These are just designed to help you find the intensity, settle into a rhythm, and stay sharp.



**Run** / Transition Run / 15min  
Transition run off the bike, with the first 90 secs at race intensity, then easy.

**THURSDAY**

**Run** / Easy run as 4 mins run/1 min walk / 30min  
This is an easy run. You will run for 4 mins, then walk for 1 minute. You will continue this cycle for the duration of the run.  
65-85% HR  
63-84% Pace  
50-89% Power

**FRIDAY**  
**Recovery Day**

Take it easy, put your feet up and enjoy a well earned rest and recovery day. If you can schedule massage today, or take a nap, please do. Try to do the best you can to promote recovery, including diet, sleep, and activity choices.

**SATURDAY**

**Bike** / Swim, Bike, & Run Pre-race Day Brick / 75min  
Easy day before race routine, of light swim of 20-30 mins, a bike ride on the course of about 20-30 mins, and an easy 15 min run. Each of these should have about 1-3 surges to race intensity/race-pace. This should take no longer than 75 mins of total time.

**TRIATHLON RACE**  
**70.3 RACE!!!**

Good luck! Follow your plan, and you'll do great!