

# 16-WEEK 70.3-DISTANCE TRAINING PLAN

## YOUR COACH

**MARILYN CHYCHOTA** is a high-performance coach who's been in the sport since 1999. She's worked with a broad range of triathletes, from beginners to professionals—sending athletes to world championships in iron-distance, 70.3, USAT short-course, and XTERRA.

## THE PLAN

This is for intermediate 70.3 athletes focused on improving previous times. We suggest a few years of race experience and a solid aerobic base before executing this plan.

## KEY

**Swim Base** = Aerobic interval, can complete the distance and still have about 3-5 secs of recovery for every 100 yards in the interval's distance

**Pull** = Use pull buoy and/or paddles

**Moderate** = A mostly aerobic effort

**Aerobic** = An effort which can be sustained for many hours

**Steady** = Continuous effort, not broken up

**Tempo** = An effort which is higher than Aerobic, but sustainable for over an hour

**Transition Run** = A run to be completed immediately following a bike effort

**SR** = Seconds Rest

**MR** = Minutes Rest

## WEEK 1-BASE Total Hours: 8:45

### MONDAY

**SWIM:**  
Aerobic pulling  
MS: 4 x 500 w/15 SR as

1 - Swim

2 - Small paddles only

3 - Buoy and band only fast turnover

4 - Swim as every 6th lap over kick

+++

15min. core strength

### TUESDAY

**BIKE:**  
60min., Strength  
MS: 4 x (3:00 SE/2:00 easy)

**RUN:**  
30min. EZ running.

### WEDNESDAY

**SWIM:**  
45min., Speed Variables  
MS: 8 x 25  
Variable paces w/ 10 SR

500 Pull steady build

8 x 25 Variable paces w/ 10 SR

**BIKE:**  
45min total, easy gear  
MS: 2:00 at 90 rpm, 1:30 at 95 rpm

- 1:00 at 100 rpm, :45 at 105 rpm

then back up to 2:00

### THURSDAY

**RUN:**  
45min, Hill reps as

10 x :20

+++

15min. core strength

### FRIDAY

**SWIM:**  
45min, Threshold

MS: 300 Buoy only

4 x 50 Build 10 SR

10 x 100 Steady with medium-strong effort 15 SR

### SATURDAY

**BIKE:**  
2 hrs., Endurance easy

### SUNDAY

**RUN:**  
1hr., Endurance

## WEEK 2-BUILD BASE Total Hours: 9:30

### MONDAY

**SWIM:**  
45min, Aerobic  
MS: 600 as 150 free/50 kick 15 SR

600 as 50 build sight x 8 strokes/50 easy

600 as pull neg. split 15 SR

600 as fins neg. split 15 SR

+++

15min. core strength .

### TUESDAY

**BIKE:**  
60min, Strength  
MS: 5 x (4min. SE/ 2min. easy)

**RUN:**  
30min. Easy running

### WEDNESDAY

**SWIM:**  
45min., Speed development

MS: 2 x (12 x 25 fast 10 SR, 100 kick fast)

400 pull buoy

**BIKE:**  
60min. total  
MS: 2 x (

5min. at 95 rpm, 4min. at 105 rpm

3min. at 110 rpm, 2min. at 115 rpm

5min. at 95 rpm, 1min. at 120 rpm

5min. choice rpm)

### THURSDAY

**RUN:**  
45min, Hill reps as

10 x :20

+++

15min. core strength

### FRIDAY

**SWIM:**  
45min., Threshold

MS: 10 x 50 descend 1-5, 6-10 10 SR

100 easy

10 x 50 strong effort 10 SR

### SATURDAY

**BIKE:**  
2:30, Endurance easy

### SUNDAY

**RUN:**  
1hr., Endurance

## WEEK 3-BUILD BASE Total Hours: 11:15

### MONDAY

**SWIM:**  
60min., Aerobic pulling  
MS: 3x 800 Pull 30 SR  
+++  
15min. core strength

### TUESDAY

**BIKE:**  
75min., Strength  
MS: 6 x (5min. SE /2min. easy)  
**RUN:**  
30min. Easy running.

### WEDNESDAY

**SWIM:**  
60min. Speed  
MS: 3 x (8 x 25 fast free 10 SR  
500 steady pull 20 SR)  
**BIKE:**  
60min., Low resistance  
MS: 3 x (  
5min. at 90 rpm, 4min. at 95 rpm  
3min. at 100 rpm, 2min. at 105 rpm  
1min. at 110 rpm)

### THURSDAY

**RUN:**  
50min., Strength  
MS: 12 x 30sec. uphill reps  
+++  
15min. core strength

### FRIDAY

**SWIM:**  
50min Threshold  
MS: 20 x 100 Steady, medium-strong effort 15 SR

### SATURDAY

**BIKE:**  
3hrs., Endurance easy

### SUNDAY

DAY OFF (Stretch)

DAY OFF

## WEEK 4-BUILD BASE Total Hours: 11:50

### MONDAY

**SWIM:**  
60min., Aerobic  
MS: 1,000 start easy, build to hard (note time)  
50 easy and relaxed  
1,000 faster than the first one (note change in effort)  
+++  
15min. core strength .

### TUESDAY

**BIKE:**  
75min., Strength  
MS: 6 x 5min. SE/2min. easy  
**RUN:**  
30min. Easy running

### WEDNESDAY

**SWIM:**  
4 x 25 build to fast @ :30  
3 x 50 descend 1-3 @ :60  
2 x 75 as 25 sprint/50 steady 15 SR  
100 fast, right into 100 steady - repeat back down to 25s  
**BIKE:**  
60min., Low resistance  
MS: 3x (5min. at 90 rpm  
4min. at 95 rpm, 3min. at 100 rpm  
2min. at 105 rpm, 1min. at 110 rpm)

### THURSDAY

**RUN:**  
50min., Strength  
MS: 10 x 1min. uphill  
+++  
15min. core strength

### FRIDAY

**SWIM:**  
60min., Threshold  
MS: 2 x (3 x 100 moderate drop 5 sec. from above interval  
2 x 100 mod. hard drop another 5 sec.  
1 x 100 race pace  
2 x (1 x 100 at moderate  
2 x 100 at mod. hard  
3 x 100 at race pace)

### SATURDAY

**BIKE:**  
3:30, Endurance easy

### SUNDAY

**RUN:**  
1:30, Endurance

## WEEK 5 (RECOVERY+TESTING) Total Hours: 5:15

### MONDAY

**SWIM:**  
30min., Aerobic continuous swim

### TUESDAY

**BIKE:**  
45min., Active recovery

**RUN:**  
30min. easy jog

### WEDNESDAY

**DAY OFF** (Stretch)

DAY OFF

### THURSDAY

**RUN:**  
45min. Easy

### FRIDAY

**SWIM:**  
45min, Swim test

MS: 15min. best possible distance

### SATURDAY

**BIKE:**  
60min., FTP Test

### SUNDAY

**RUN**  
Run 45', Run Test

Include: 30' best possible distance

## WEEK 6-BUILD Total Hours: 13:00

### MONDAY

**SWIM:**  
65min. Endurance

800 pull steady (paddles/buoy/ band)

600, 500, 400, 300, 200, 200

#1, #3, #5 pull strong

#2, #4, #6 swim steady

**RUN:**  
20min. easy

+++

15min. core strength.

### TUESDAY

**BIKE:**  
Brick 1:15 MS:  
8 x (15sec. max rpm/45sec. easy)

2min. easy

4 x (5min, SE 50-65 rpm

4min. 100 rpm

1min easy)

**RUN:**  
Run off the bike: 30min. Speed

MS: 7 x 45sec. fast/ 15sec easy

### WEDNESDAY

**SWIM:**  
60min., Speed

MS 5 x (25 fast/50 easy 15 SR

50 fast/25 easy 15 SR

75 fast 15 SR, 75 easy 15 SR

200 easy)

**BIKE:**  
90min., Aerobic

MS: 30min. aero tempo 80-85 rpm

### THURSDAY

**RUN:**  
60min., Tempo

MS: 8min. tempo/ 2min. easy

6min. tempo/ 2min. easy

4min. tempo/ 1min. easy

8min. tempo

+++

15min. core strength

### FRIDAY

**SWIM:**  
60min., Threshold

MS: 3 x 200 at 80% 10 SR

50 easy back

3 x 200 at 85% 10 SR

50 easy kick

3 x 200 at 90% 10 SR)

### SATURDAY

**BIKE:**  
Brick 3:10 total, Tempo

MS: 3 x 12min, aero 80-91 rpm/3min. easy

**RUN:**  
Run off the bike: 10min. easy

### SUNDAY

**RUN:**  
1:40, Endurance

## WEEK 7-BUILD Total Hours: 14:25

### MONDAY

**SWIM:**  
75min., Endurance

MS: 1500 pull  
(paddles/bouy/  
band)

100 easy

2 x 800 (buoy/  
band), 100 easy  
kick between  
200s

Build x 200

**RUN:**  
20min easy

+++

15min. core  
strength

### TUESDAY

**BIKE:**  
Brick 1:45 total,  
Strength

Bike: 75min.

MS: 4 x 6min. big  
gear, strong/4min.  
easy 55-65 rpm

**RUN:**  
Run off the bike:  
30min.

MS: 5 x 1min  
fast/30sec. easy

5 x 90sec.  
fast/30sec. easy

5 x 2min.  
fast/30sec. easy

### WEDNESDAY

**SWIM:**  
60min., Speed

MS: 6 x 100 as

#1 & 4 - 50 fast/  
50 easy

#2 & 5 - 50 easy/  
50 fast

#3 & 6 - All fast

**BIKE:**  
90min., Tempo

MS: 45min. aero  
tempo

### THURSDAY

**RUN:**  
75min., Tempo

MS: 10min.  
tempo/ 2min.  
easy

8min. tempo/  
2min. easy

7min. tempo/  
1min. easy

6min. tempo

+++

15min. core  
strength

### FRIDAY

**SWIM:**  
60min., Threshold

MS: 20 x 100 best  
possible avg. pace  
10 SR

Record time,  
heart rate

### SATURDAY

**BIKE:**  
4hrs., Tempo

MS: 5 x 15min.  
tempo in race  
position, 80-  
90rpm/ 5min.  
easy

### SUNDAY

**RUN:**  
1:50 Endurance

## WEEK 8-BUILD BASE Total Hours: 15:30

### MONDAY

**SWIM:**  
80min.,  
Endurance

MS: 4 x 800 Pull  
(buoy/ band/  
paddles) Focus  
on keeping same  
stroke raet/time  
for all 15 SR

**RUN:**  
20min easy

+++

15min. core  
strength

### TUESDAY

**BIKE:**  
90min., RPM work

MS: 6 x (6min.  
60-65 rpm/4min.  
90+ rpm))

**RUN:**  
30min., Fartlek

3x (30sec.  
fast/30sec. easy

- increase x 15sec.  
fast and easy to  
90sec.

- repeat back  
down to 30sec.)

### WEDNESDAY

**SWIM:**  
60min.,Speed

MS: 10 x 75 fast  
15 SR

200 easy buoy  
only

10 x 50 dive start  
fast on 30 SR

**BIKE:**  
90min., Tempo

MS: 60min. tempo  
effort aero 80-  
90rpm

### THURSDAY

**RUN:**  
80min., Tempo

MS: 4 x 12min.  
tempo/3min. easy

+++

15min. core  
strength

### FRIDAY

**SWIM:**  
75min., Threshold

MS: 8 x 50  
descend 1-4 on  
10 SR

10 x 100 threshold  
effort 10 SR

200 easy

400 time trial

8 x 100 pull strong  
15 SR

### SATURDAY

**BIKE:**  
Brick 4:15 total,  
Tempo

Bike: 4hrs.

MS: 3 x 25min.  
tempo in race  
position/5min.  
easy 80-90rpm

**RUN:**  
Run off the bike:  
15min. easy

### SUNDAY

**RUN:**  
2hrs., Endurance

## WEEK 9—THRESHOLD /RACE SPECIFIC Total Hours: 14:25

### MONDAY

**SWIM:**  
90min., Aerobic

MS: 1,000 start easy, build to hard (note time)

50 easy and relaxed

1,000 faster than the first one (note change in effort)

+++

15min. core strength

### TUESDAY

**BIKE:**  
75min., Threshold

MS: 3 x (4min. best effort 60-65 rpm/4min. easy)

4min. best effort 85-95 rpm/4min. easy)

**RUN:**  
50min., Speed

MS: 7 x 90sec. hard (<95% max)/1min. easy

### WEDNESDAY

**SWIM:**  
60min. Speed

MS: 5 x 300 steady with 5 SR

100 at or slightly above race pace

50 Back

**BIKE:**  
90min.

MS: 60min. steady aero, 80-90 rpm

### THURSDAY

**RUN:**  
75min., Threshold

MS: 8 x 3min. threshold/ 90sec. easy

+++

15min. core strength

### FRIDAY

**SWIM:**  
60min., Aerobic

3 x 600 #1 swim, #2 pull, #3 swim 15 SR

8 x 200 at target race pace on 10 SR

10 x 50 alternating 1 easy/ 1 fast 15 SR

### SATURDAY

**BIKE:**  
Brick 4hrs. Speed endurance

Bike: 3:40

MS: 4 x 6min. above race/ 3min. easy

5-10min. easy

2 x (30sec. race effort aero/10min. easy)

**RUN:**  
Run off the bike: 20min.

MS: 10min. easy, 10min. build

### SUNDAY

**RUN:**  
90min., Race specific

MS: 2 x (16min. at race pace/4min. easy)

## WEEK 10—THRESHOLD /RACE SPECIFIC Total Hours: 14:40

### MONDAY

**SWIM:**  
75min., Endurance

500, 400, 300, 200, 100

Pull 100, 200, 300, 400

Kick 300, 200, 100

All 10 SR

+++

15min. core strength

### TUESDAY

**BIKE:**  
80min., Threshold

MS: 3 x (6min. hard 60-65rpms/4min. easy)

6min. hard 85-95 rpms/4min. easy)

**RUN:**  
50min.,

MS: 10 x (90sec. hard (<95% max)/1min. easy)

### WEDNESDAY

**SWIM:**  
60min. Threshold

MS: 16 x 25 sprint 20 SR

200 easy pull

8 x 50 as 1 sprint/1 easy 30 SR

**BIKE:**  
90min., Tempo

MS: 60min. race effort aero, 80-90 rpm

### THURSDAY

**RUN:**  
75min., Threshold

MS: 7 x (4min. at threshold (10K pace), 90sec. easy)

+++

15min. core strength

### FRIDAY

**SWIM:**  
30-40min, Endurance

MS: 2000 continuous, build each 500

Overkick and sight every 6th lap

### SATURDAY

**BIKE:**  
Brick Total: 4:20, Race specific

Bike: 4hrs.

MS: 3 x (8min. above race/3min. easy)

5-10min. easy

All aero 80-90 rpm:

2 x (30min. race effort/10min. easy)

**RUN:**  
Run off the bike: 20min. MS: 10min. easy, 10min. build

### SUNDAY

**RUN:**  
2hrs., Endurance aerobic

## WEEK 11—THRESHOLD /RACE SPECIFIC Total Hours: 14:20

### MONDAY

**SWIM:**  
90min., Strength

MS: 15 x 200 pull  
(band/buoy/  
paddles) 15 SR

+++

15min. core  
strength

### TUESDAY

**BIKE:**  
90min., Threshold

MS: 2 x (

8min. best effort  
60-65 rpms/4min.  
easy

8min. best effort  
85-95 rpms/4min.  
easy)

**RUN:**  
50min., Fartlek

12 x (90sec. hard  
effort (<95%  
effort)/ 1min  
easy)

### WEDNESDAY

**SWIM:**  
60min.

MS: 2 x (

6 x 50 MAX effort  
SPRINT 30 SR

400 pull

50 easy kick)

**BIKE:**  
90min., including

60min. steady  
aero 80-90rpm

### THURSDAY

**RUN:**  
75min., Threshold

MS: 10 x (

3min. at threshold  
10K effort/90sec.  
easy)

+++

15min. core  
strength

### FRIDAY

**SWIM:**  
60min., Threshold

MS: 2 x (

3 x 100 moderate

2 x 100 mod hard,  
5sec. faster than  
previous 100's

1 x 100 5sec. faster  
than previous  
100's - should be  
race pace

Back up to 3x100  
using same paces

### SATURDAY

**BIKE:**  
Brick Total: 4hrs.

Bike: 3hrs.

MS: 6 x aero 80-  
90 rpms

(15min.  
tempo/5min.  
easy)

**RUN:**  
Run off the bike:  
60min.

MS: 10 x (3min.  
race effort/90sec.  
easy)

### SUNDAY

**RUN:**  
75min., Aerobic

## WEEK 12—RECOVERY Total Hours: 5:35

### MONDAY

**SWIM:**  
50min., Recovery

2 x 400, 2 x 300

2 x 200, 2 x 100 as:

swim easy, pull

### TUESDAY

**BIKE:**  
60min., Recovery  
spin

Super easy, flat  
ride

**RUN:**  
Run: 30min., easy

### WEDNESDAY

**SWIM:**  
40min., Recovery

2 x (200 swim

200 kick

200 buoy

200 drill/nonfree

4 x 50 descend 1-4  
10 SR

### THURSDAY

DAY OFF (Stretch)

DAY OFF

### FRIDAY

**SWIM:**  
45min., Swim test

400 choice

4 x 50 build  
within each 10 SR

2 x 100 strong  
15 SR

15min. best  
possible effort

Compare to  
week 5

### SATURDAY

**BIKE:**  
60min.

### SUNDAY

**RUN:**  
60min., Run test

15min.warm-up

2 x (1min., strong  
pick ups/1min.  
easy)

30min. best  
possible effort

Compare to  
week 5

## WEEK 13-SHARPEN Total Hours: 12:50

### MONDAY

**SWIM:**  
60min., Race specific  
MS: 3 x (5 x 100 at race pace 10 SR)

### TUESDAY

**BIKE:**  
75min., Threshold  
MS: 6min. hard 50-60 rpm/4min. easy  
6min. hard 80-100 rpm/4min. easy  
6min. hard race rpm/4min. easy  
**RUN:**  
50min. including  
6 x (5min. 10K pace/2min. easy)

### WEDNESDAY

**SWIM:**  
60min. Threshold  
4 x 300 descend 1-4  
20 x 50 race effort on 5 SR  
alternating: 5 swim, 5 pull  
**BIKE:**  
75min.  
MS: 60min. steady aero

### THURSDAY

**RUN:**  
60min., Tempo  
MS: 2 x (10min. tempo  
10min. threshold  
2min. fast  
4min. easy)

### FRIDAY

**SWIM:**  
60min., Endurance  
3,000 continuous

### SATURDAY

**BIKE:**  
Brick Total: 4hrs.,  
Bike: 3hrs., Endurance  
2 x (15min. TT/5min. easy  
aero 90-95 rpm, race position)  
**RUN:**  
Run off the bike: 60min.,  
MS: 4 x (6min. 10K pace/2min. easy)

### SUNDAY

**RUN:**  
90min., Aerobic

## WEEK 14-SHARPEN Total Hours: 11:50

### MONDAY

**SWIM:**  
60min., Race specific  
MS: 800 build by 200  
8 x 25 FAST 10 SR  
15 x 100 slightly above race pace 10 SR

### TUESDAY

**BIKE:**  
75min., Threshold  
16min. hard 50-60 rpm/4min. easy  
16min. hard 80-100 rpm/4min. easy  
**RUN:**  
50min., Speed  
MS: 15 x (1min. fast/1min. easy)

### WEDNESDAY

**SWIM:**  
60min., Race specific  
MS: 20 x 50 at Target race effort on 5 SR  
**BIKE:**  
75min.  
MS: 60min. steady aero effort

### THURSDAY

**RUN:**  
60min., Threshold  
MS: 2 x (5K TT effort/5min. recovery)

### FRIDAY

**SWIM:**  
60min., Swim test  
200 warm up  
1500 TT (record time)  
100 easy

### SATURDAY

**BIKE:**  
Brick Total: 3:15 hours  
Bike: 2:30  
MS: 12 x (5min. hard aero, 80-100 rpm/1min. easy)  
**RUN:**  
Run off the bike: 45min.  
MS: 6 x (4min. 10K to 5K effort/2min. easy)

### SUNDAY

**RUN:**  
75min., Aerobic



## WEEK 15-SHARPEN Total Hours: 9:20

### MONDAY

**SWIM:**  
50min., Race specific  
  
MS: 8 x 50 steady 10 SR  
  
20 x 100 even race pace 10 SR

### TUESDAY

**BIKE:**  
60min., Threshold  
  
MS: 20min. best effort  
  
**RUN:**  
40min.  
  
MS: 7 x (1min. fast/1min. easy)

### WEDNESDAY

**SWIM:**  
60min., Aerobic  
  
5 x 600 as 1 swim/1 pull steady 15 SR  
  
**BIKE:**  
75min.  
  
MS: 60min, steady aero effort

### THURSDAY

**RUN:**  
50min., Threshold  
  
MS: 6 x (4min. at 10K effort/2min. easy)

### FRIDAY

**SWIM:**  
45min., Aerobic  
  
10 x 200 descend 1-5, 6-10 15 SR

### SATURDAY

**BIKE:**  
Brick Total: 2hrs.  
  
Bike: 1:30hrs., Race specific  
  
MS: 5 x (4min. aero hard 80-100 rpm  
  
2min. easy)  
  
**RUN:**  
Run off the bike: 30min.  
  
MS: 12min. race effort

### SUNDAY

**RUN:**  
60min., Aerobic

## WEEK 16-TAPER Total Hours: 3:05

### MONDAY

**SWIM:**  
40min., Race prep  
  
MS: 6 x 25 fast 10 SR  
  
8 x 50 descend 1-4, 5-8 15 SR  
  
5 x 100 target race pace 10 SR

### TUESDAY

**BIKE:**  
60min.,  
  
MS: 3 x (6min. at race effort/ 2min. easy)  
  
**RUN:**  
30min.  
  
MS: 5 x (1min. fast/1min. easy)

### WEDNESDAY

**RUN:**  
40min.  
  
Race day warmup  
  
First mile race simulation  
  
5 x 20sec. strides, easy walk between

### THURSDAY

DAY OFF (Stretch)

DAY OFF

### FRIDAY

**SWIM:**  
15min., On-course swim  
  
**RUN:**  
60min.  
  
20min. easy  
  
1 x 3min. build 72 to 95 rpm easy /3min. easy  
  
1 x 3min. build to race effort/3min. easy  
  
2 x (1min. hard/2min. easy)

### SATURDAY

★  
RACE DAY

### SUNDAY

CELEBRATE!

CELEBRATE!