

SF Tri Club Training Plan

Half Ironman



WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim: SE3	Track	Swim or Swim SM1	Spin or Swim	Run Easy A: 30 min B: 40 min C: 45 min	Bike A: 3 hr B: 3.5 hr C: 4 hr	Run A: 50 min B: 60 min C: 70 min

WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim: SE4	Track	Swim or Swim SM2	Spin or Swim	Swim	Bike A: 3 hr B: 3.5 hr C: 4 hr	Run A: 60 min B: 70 min C: 80 min

WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim: SE5	Track	Swim or Swim SM1	Spin or Swim SM1	Run Easy A: 30 min B: 40 min C: 45 min	Bike A: 3 hr B: 3.5 hr C: 4 hr	Run A: 70 min B: 80 min C: 90 min

WEEK 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim: SE6	Track	Spin or Swim SM2	Spin or Swim SM2	Run Easy A: 15 min B: 20 min C: 25 min Swim: SR3	Bike A: 3 hr B: 3.5 hr C: 4 hr	Run A: 80 min B: 90 min C: 100 min

WEEK 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim: SE3	Track	Swim: SS1 Spin: 30-90 min easy	Spin	Run Easy A: 30 min B: 40 min C: 45 min Swim: SR4	Bike A: 3 hr B - :20 R B: 3.5 hr B - :20 R C: 4 hr B - :20 R	Run A: 90 min B: 100 min C: 110 min

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WEEK 6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim: SE4	Track	Swim: SS2 Spin: 30-90 min easy	Spin	Run Easy A: 15 min B: 20 min C: 25 min Open water swim	Bike A: 2.5 hr B: 3 hr C: 3.5 hr	Run A: 60 min B: 60 min C: 60 min

WEEK 7

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim: SE1	Track	Swim: SS1 Spin: 30-90 min	Spin	Run Easy A: 30 min B: 30 min C: 30 min	Bike A: 56 m - :30 R B: 56 m - :30 R C: 56 m - :30 R	Run A: 13.1 m B: 13.1 m C: 13.1 m

WEEK 8

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim: SE5	Track	Swim: SS3 Spin: 30-90 min	Spin	Run Easy A: 30 min B: 30 min C: 30 min Open water swim	Bike A: 3.5 hr B - :20 R B: 3.5 hr B - :20 R C: 4 hr B - :30 R	Run A: 90 min B: 100 min C: 110 min

WEEK 9

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim: SE6	Track	Swim: SS4 Spin: 30-90 min	Spin	Run Easy A: 30 min B: 40 min C: 45 min Swim: SR4	Bike A: 4 hr B - :20 R B: 4 hr B - :25 R C: 4 hr B - :30 R	Run A: 100 min B: 110 min C: 120 min

WEEK 10

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim: SE6	Track	Swim: SS5 Spin: 30-90 min	Spin	Run Easy A: 45 min B: 50 min C: 60 min Open water swim	Bike A: 4.5 hr B - :45 R B: 4.5 hr B - :45 R C: 4.5 hr B - :45 R	Run A: 120 min B: 120 min C: 120 min

SF Tri Club Training Plan

Half Ironman Distance



WEEK 11

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim: SE3	Track	Swim: SS1 Spin: 30 min	Spin	Run Easy A: 30 min B: 40 min C: 45 min Open water swim	Swim easy Run 30 min easy	RACE!

Notes

The letters A, B, and C are for skill level. Be honest with yourself in addressing your own training. If you are inexperienced and try a harder level, you may get injured.

This training plan is designed FOR YOU TO MISS WORKOUTS. There are optional rest days on Mondays, feel free to use them. If you need a break, take a day off – you will be better off for it.

The Wednesdays and Thursdays where it says Spin or Swim and Bike means Spin only, or bike and swim. If you are doing spin, do not do the swim or the listed bike workout.

This training plan is not the same as coaching. It has not been prepared by a coach with your physiology, goals, needs, etc in mind. This training plan is intended to assist the SF Tri Club PEP in preparing for the Vineman 70.3 Triathlon.

If you want to optimize your training experience, SF Tri Club has relationships with several outstanding coaches you can contact.

Like any sporting endeavor, you should seek advice from your doctor before partaking in any such activity.

SF Tri Club Training Plan

Half Ironman Distance



Swim Workouts

SE1

WU: 200 swim, 2x200 drills
MS: 400, 300, 200, 100 Mod (RI :20)
300, 200, 100 N/S (RI: 25)
200 Fast (RI :30)
100 Fast (RI: 30)
4x150 Pull (RI: 20)
CD: 100
(Total Yards: 3200)

SE3

WU: 300 Swim, 200 Kick
MS:4x300 (100 Swim, 100 Kick, 100
Swim) (RI :30)
1:00 Bonus Rest
600 Pull Neg. Split (RI 1:00)
16x25 Desc 2-2-2-2 (RI :15)
CD: 200
(Total Yards: 2900)

SE5

WU: 2x200 Swim, 4x25 DPS (RI :15)
MS: 2x300 Moderate (RI :15)
4x50 Build (RI :15)
2x250 Moderate (RI :15)
4x50 Build (RI :15)
2x200 Tempo (RI :15)
200 Kick (RI :15)
CD: 200
(Total Yardage: 2800)

SE2

WU: 6x75 (RI :20)
MS: 2x200 (RI :20)
1x100 Mod
2X300 (RI :30)
1x100 Mod
2x400 (RI :40)
1x100 Mod
CD: 6x75 (RI :20)
(Total Yards: 3000)

SE4

WU: 300 Swim, 300 Kick
MS:8x150 Desc 2-2-2-2 (RI :20)
1:00 Bonus Rest
8x100 Desc 2-2-2-2 (RI :15)
1:00 Bonus Rest
8x50 Desc 2-2-2-2 (RI :10)
CD: 100
(Total Yards: 3100)

SE6

WU: 300 Swim, 300 Kick, 300 Pull,
200 Swim, 200 Kick, 200 Pull
MS: 1500 Tempo
CD: 300
(Total Yards: 3300)

SM1

WU: 400 Swim, 12x25 DPS (RI :15)
MS: 5x75 Build (RI :15)
5x75 Alt Fast and Easy (RI :15)
1:00 Bonus Rest
5x75 Build (RI :15)
5x75 Alt Fast and Easy (RI :15)
800 Pull
CD: 100
(Total Yards: 3100)