

2012 August 70.3 Training Plan - 20 Week

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Hours	
Wk 1 May 14th	OFF	Bike 1:10 hrs.	Swim 40 min.	Bike 1:15 hrs.	Swim 30 min.	Bike 1:15 hrs.	Run 50 min.	1:10 hrs.	S
	Notes:		Run 40 min.		Run 40 min.	w/ Hills	w/ Hills	3:40 hrs.	B
	All Easy Base							2:10 hrs.	R
								7:00 hrs.	Tot.
Wk 2 May 21st	OFF	Bike 1:10 hrs.	Swim 40 min.	Bike 1:15 hrs.	Swim 30 min.	Bike 1:15 hrs.	Run 50 min.	1:10 hrs.	S
	Notes:		Run 40 min.		Run 40 min.	w/ Hills	w/ Hills	3:40 hrs.	B
	All Easy Base							2:10 hrs.	R
								7:00 hrs.	Tot.
Wk 3 May 28th	OFF	Bike 1:30 hrs.	Swim 40 min.	Bike 1:45 hrs.	Swim 40 min.	Bike 2:00 hrs.	Run 1:00 hrs.	1:20 hrs.	S
	Notes:		Run 40 min.		Run 40 min.	w/ Hills	w/ Hills	5:15 hrs.	B
	All Easy Base							2:20 hrs.	R
								8:55 hrs.	Tot.
Wk 4 June 4th	OFF	Bike 1:30 hrs.	Swim 40 min.	Bike 1:45 hrs.	Swim 40 min.	Bike 2:25 hrs.	Run 1:00 hrs.	1:20 hrs.	S
	Notes:		Run 45 min.		Run 45 min.	w/ Hills	w/ Hills	5:40 hrs.	B
	All Easy Base							2:30 hrs.	R
								9:30 hrs.	Tot.
Wk 5 June 11th	OFF	Bike 1:30 hrs.	Swim 45 min.	Bike 1:45 hrs.	Swim 45 min.	Bike 2:25 hrs.	Swim 30 min.	2:00 hrs.	S
	Notes:		Run 50 min.		Run 50 min.	w/ Hills	Recovery/Low Intensity	5:40 hrs.	B
	Base						Run 1:10 hrs.	2:50 hrs.	R
							w/ Hills	10:30 hrs.	Tot.
Wk 6 June 18th	OFF	Bike 1:30 hrs.	Swim 45 min.	Bike 1:45 hrs.	Swim 45 min.	Bike 2:45 hrs.	Swim 35 min.	2:05 hrs.	S
	Notes:		Run 50 min.		Run 50 min.	w/ Hills	Recovery/Low Intensity	6:00 hrs.	B
	Base						Run 1:15 hrs.	2:55 hrs.	R
							w/ Hills	11:00 hrs.	Tot.
Wk 7 June 25th	OFF	Bike 1:20 hrs.	Swim 40 min.	Bike 1:45 hrs.	Swim 40 min.	Bike 2:25 hrs.	Swim 30 min.	1:50 hrs.	S
			Run 40 min.	Easy Spin	Run 50 min.	Easy	Recovery/Low Intensity	5:30 hrs.	B
	Notes:					w/ Hills	Run 1:10 hrs.	2:40 hrs.	R
	Recovery Week						w/ Hills	10:00 hrs.	Tot.
Wk 8 July 2nd	OFF	Bike 1:20 hrs.	Swim 45 min.	Bike 2 hrs.	Swim 50 min.	Bike 2:45 hrs.	Swim 45 min.	2:20 hrs.	S
			Run 50 min.	2x10 min. race pace	Run 1:00 hrs.	w/ Hills	Recovery/Low Intensity	6:05 hrs.	B
							Run 1:00 hrs.	3:00 hrs.	R
				10 min Brick easy			w/ Hills	11:25 hrs.	Tot.

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Wk 9 July 9th	OFF	Bike 1:30 hrs.	Swim 50 min.	Bike 2:15 hrs.	Swim 50 min.	Bike 3:00 hrs.	Swim 45 min.	2:25 hrs.	S
			Run 55 min.	2x10 min. race pace	Run 1:10 hrs.	w/ Hills	Recovery/Low Intensity	6:45 hrs.	B
							Run 1:00 hrs.	3:15 hrs.	R
				10 min Brick easy			w/ Hills	12:25 hrs.	Tot.
Wk 10 July 16st	OFF	Bike 1:30 hrs.	Swim 50 min.	Bike 2 hrs.	Swim 50 min.	Bike 3:30 hrs.	Swim 45 min.	2:25 hrs.	S
			Run 1:20 hrs.	2x10 min. race pace	Run 1:10 hrs.	w/ Hills	Recovery/Low Intensity	7:00 hrs.	B
							Run 1:00 hrs.	3:45 hrs.	R
				15 min. Brick easy			w/ Hills	13:10 hrs.	Tot.
Wk 11 July 23rd	OFF	Bike 1:10 hrs.	Swim 50 min.	Bike 2:15 hrs.	Swim 50 min.	Bike 2:45 hrs.	Swim 50 min.	2:30 hrs.	S
			Run 1 hr.	Easy Spin	Run 50 min.	w/ Hills	Recovery/Low Intensity	6:10 hrs.	B
	Notes:						Run 1:00 hrs.	2:50 hrs.	R
	Recovery Week						w/ Hills	11:30 hrs.	Tot.
Wk 12 July 30th	OFF	Bike 1:30 hrs.	Swim 50 min.	Bike 2:20 hrs.	Swim 50 min.	Bike 3:10 hrs.	Swim 50 min.	2:30 hrs.	S
			Run 1:20 hrs.		Run 1:20 hrs.		Recovery/Low Intensity	6:00 hrs.	B
			2x5 min. @ race pace after 20 min warm up w/ 5 min between	15 min. Brick easy		2x15 min. @ race pace, after 1hr warm up w/ 10 min. rolling recovery	Run 1:25 hrs.	4:20 hrs.	R
							w/ Hills	13:50 hrs.	Tot.
Wk 13 Aug 6th	OFF	Bike 1:30 hrs.	Swim 50 min.	Bike 2:20 hrs.	Swim 50 min.	Bike 3:35 hrs.	Swim 50 min.	2:30 hrs.	S
			Run 1:20 hrs.		Run 1:20 hrs.		Recovery/Low Intensity	7:25 hrs.	B
			2x5 min. @ race pace after 20 min warm up w/ 5 min between	15 min. Brick easy		2x15 min. @ race pace, after 1hr warm up w/ 10 min. rolling recovery	Run 1:45 hrs.	4:40 hrs	R
							14:35 hrs.	Tot.	

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Wk 14 Aug 13th	OFF	Bike 1:10 hrs.	Swim 50 min.	Bike 2:20 hrs.	Swim 50 min.	Bike 3:45 hrs.	Swim 50 min.	2:30 hrs.	S
			Run 1:20 hrs.		Run 1:20 hrs.		Recovery/Low Intensity	7:15 hrs.	B
			3x5 min. @ race pace after 20 min warm up w/ 5 min between	15 min. Brick easy		3x15 min. @ race pace after 1hr warm up w/ 10 min. rolling recovery	Run 2:00 hrs.	5:10 hrs.	R
						15 min. Brick easy	w/ Hills	14:55 hrs.	Tot.
Wk 15 Aug 20th	OFF	Bike 1:20 hrs.	Swim 45 min.	Bike 2:15 hrs.	Swim 1:00 hrs.	Bike 3:00 hrs.	Swim 40 min.	2:25 hrs.	S
			Run 1:00 hrs.	Easy Spin	Run 1:00 hrs.	w/ Hills	Recovery/Low Intensity	6:35 hrs.	B
	Notes:						Run 1:30 hrs.	3:30 hrs.	R
	Recovery Week						w/ Hills	12:30 hrs.	Tot.
Wk 16 Aug 27th	OFF	Bike 1:30 hrs.	Swim 1:00 hrs.	Bike 2:20 hrs.	Swim 1:10 hrs.	Bike 3:45 hrs.	Swim 50 min.	3:00 hrs.	S
			Run 1:10 hrs.		Run 1:00 hrs.		Recovery/Low Intensity	7:35 hrs.	B
			3x5 min. @ race pace after 20 min warm up w/ 5 min between	10 min. @ race pace		2x30 min. @ race pace after 1hr warm up w/ 10 min. rolling recovery	Run 2:00 hrs.	4:40 hrs.	R
				15 min. Brick easy		15 min. Brick easy	w/ Hills	15:15 hrs.	Tot.
Wk 17 Sept 3rd	OFF	Bike 1:45 hrs.	Swim 1:00 hrs.	Bike 2:20 hrs.	Swim 1:10 hrs.	Bike 4:15 hrs.	Swim 50 min.	3:00 hrs.	S
			Run 1:10 hrs.		Run 1:00 hrs.		Recovery/Low Intensity	8:20 hrs.	B
			4x5 min. @ race pace after 20 min warm up w/ 5 min between	15 min. Brick easy		3x20 min. @ race pace after 1hr warm up w/ 10 min. rolling recovery	Run 2:00 hrs.	4:40 hrs.	R
						15 min. Brick easy	w/ Hills	16:00 hrs.	Tot.

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Wk 18 Sept 10th	OFF	Bike 1:10 hrs.	Swim 1:00 hrs.	Bike 2:20 hrs.	Swim 1:10 hrs.	Bike 3:30 hrs.	Swim 50 min.	3:00 hrs.	S
			Run 1:00 hrs.		Run 1:00 hrs.		Recovery/Low Intensity	7:00 hrs.	B
				5 min. @ 1/2 pace	4x800 meters @ 10K pace	2x15 min. @ race pace after 1hr warm up w/ 10 min. rolling recovery	Run 1:50 hrs.	4:20 hrs.	R
				15 min. Brick easy		15 min. Brick easy	3x5 min. @ race pace	14:20 hrs.	Tot.
Wk 19 Sept 17th	OFF	Bike 1:30 hrs.	Swim 1:00 hrs.	Bike 2:00 hrs.	Swim 1:00 hrs.	Bike 2:15 hrs.	Swim 30 min.	2:30 hrs.	S
			Run 40 min.		Run 40 min.		Recovery/Low Intensity	5:45 hrs.	B
				15 min. Brick	4x800 meters @ 10K pace	2x5 min. @ 40K pace	Run 1:10 hrs.	2:45 hrs.	R
				5 min. @ 10K pace			Easy	11:00 hrs.	Tot.
Wk 20 Sept 24th	OFF	Bike 1:10 hrs.	Swim 40 min.	Bike 1:15 hrs.	OFF	10 min. swim w/ 5 15 sec. pick ups	RACE DAY! Sept. 30th	50 min.	S
	Notes:		Run 30 min.	3x2min. 40K pace		45 min. bike with 3x1min. build to race pace	GOOD LUCK!	3:10 hrs.	B
	Race Week		3x2min. @ 10K pace			15 min. run with 5x15 sec. builds to race pace.		45 min.	R
						Spread workouts out, if possible, main priority is hydration, food, and low stress.		4:45 hrs.	Tot.