

4 WEEK HALF IRONMAN TRIATHLON TRAINING PROGRAM

4 weeks:

The training sessions will be as follows per week:

6 swim sessions
6 bike sessions
6 run sessions

Week 1 and 2 (combined):

Day 1 (Monday):

Bike: Do your normal Tuesday session on this day. We will take your normal cycle sessions and move them up one day of the week. Your rest day will now be on the Saturday instead.

Swim session: At lunch

- 400m swim, 200m kick, 200m pulling as warm-up
- 4 x 50m moderate swim on 60 seconds. 5 sets, rest 30 seconds after each set
- 200m easy swimming
- 40 x 25m, go hard for one length, rest 10 seconds, then go easy for another length

Total 3000m

Run +/-10km moderate pace

Day 2 (Tuesday):

Bike: Wednesday's program as per your own schedule

Swim session: At lunch

- 6 x 500m swim, rest 1 minute after each
- You must start easy and record your time, then you need to go faster for each 500m with your last interval being the fastest
- 4 x 25m maximum sprints,
- Easy 100m

Total 3300m

Run:

Time trial; run 8km as fast as possible over the same route weekly. Record your time and use it as a measure to track your improvement.

Warm-up for 2km before the run, and cool down easy 2km after the run

Total 12km

Day 3 (Wednesday):

Bike: Thursday's bike session as per your schedule

Swim session:

- 400m swim, 200m kick, 400m pulling to warm-up
- 15 x 100m at race pace. Do it on 2 minutes.
- Easy 200m
- Sprint 8 x 25m maximum efforts, rest 30 seconds after each 25m
- Easy 100m

Total 3000m

Run: Easy run of 8 – 10km

Day 4 (Thursday)

Bike: Friday's bike session schedule

Swim session:

- 3 x 1000m straight swims (rest 1 minute after each)
- First 1000m = swim
- Second 1000m = pulling
- Third 100m = swim again
- 4 x 25m sprints, rest 30 seconds after each

Total 3100m

Run:

Track Session:

- Warm-up 2km
- Do 10 x 100m strides, jog back to the start
- 4 x 400m hard efforts, carry on jogging 400m and do not stop
- Rest 2 minutes
- 3 x 1km intervals (go hard, rest 2 minutes between each interval)
- Recovery jog of 2km

Total +- 12km

Day 5 (Friday):

Bike: Easy leg loosening of 40 – 50km

Swim session:

- 6 x 50m easy swimming on 60 seconds
- 6 x 50m kicking, rest 10 seconds after each
- 3 x 100m medley, rest 10 seconds after each
- 3 x 100m swimming, rest 10 seconds after each
- Easy 300m recovery swim
- 16 x 25m sprints, on 30 seconds
- Easy 100m recovery swim
- 5 x 200m pulling, rest 1 minute after each set

Total 3000m

Run:

REST

Day 6 (Saturday):

Do a **long run** in the morning +/-15km – 20km at a moderate pace

Swim Session:

In the afternoon as recovery, 2km straight easy swim, no rest, just recover

Day 7 (Sunday) Brick Session:

Long Bike (+/-120km) or road race as per your schedule but must be followed by 5km run

Total distances for weeks 1 and 2:

Bike: 350 - 400km (+/-)

Swim: 17km

Run: 65km

YOU WILL REPEAT THIS TRAINING SCHEDULE FOR A PERIOD OF 2 WEEKS

WEEK 3 & 4:

Day 1 (Monday):

Bike: Same as your normal schedule for Tuesday

Swim at lunch:

- Swim 100m, kick 100m, pull 100m. Do six sets with no rest between sets
- 200m easy swimming
- 10 x 75m hard swimming at race pace, rest 30 seconds between each one
- easy 100m recovery
- 10 x 25m maximum sprints, rest 30 seconds between each
- Recovery swim

Total 3100m

Run (Hill session):

- Warm-up 2km
- Goose Hill intervals
- 5 sets of go hard up to the top, jog back down easy, no rest, go again
- Recover 2km

Total 10 – 12km

Day 2 (Tuesday):

Bike: Wednesday's program

Swim session:

- 15 x 200m swimming
- Rest 30 seconds in between each

Run Session:

- Time Trial
- 4km warm-up
- 8km time trial as maximum effort
- 2km easy

Total 14km

Day 3 (Wednesday):

Bike: Thursday's bike session

Swim session:

- Warm-up 400m swim, 200m kick, 200m pull
- Do 4 sets of (10 x 50m on 60 seconds) race pace.
- Rest 1 minute after each 10
- Recover swim 200m
- Maximum sprints of 8 x 25m, on 30 seconds
- Recover

Total 3200

Run:

Easy 8km jog

Day 4 (Thursday):

Bike: Ride Friday's bike session

Swim session:

- 2 x 1500m swims
- The second one must be faster.
- Recovery swim of 200m

Total 3200m

Run (interval session on the road):

- Jog 1km then race pace for 1km
- Do this for a total of 10km

Total 10km

Day 5 (Friday):

Bike: Ride 60km easy leg-loosening

Swim session:

- 8 x 50m on 60 seconds
- 8 x 50m pulling on 60 seconds
- 8 x 50m kicking on 2 minutes
- Easy 100m swim
- 4 x 100m race pace, rest 30 seconds after each one
- Easy 100m
- 4 x 100m race pace, rest 30 seconds
- Easy 100m
- 16 x 25m hard sprints, rest 10 seconds between, after 4 rest 1 minute
- Easy 200m recovery swim

Total 2900m

Run:

REST

Day 6 (Saturday):

Long Run:

21km at moderate pace

Swim session:

3km easy in the afternoon

Day 7 (Sunday):

Long Ride +/- 120km followed by 8km run easy

Totals:

Bike 400km (+-)
Swim 18.5km
Run 71km

YOU CAN REPEAT THIS 4-WEEK PROGRAM AND START THE CYCLE FROM WEEK 1 AGAIN