



HALF IRONMAN DISTANCE 16 WEEK PROGRAMME ADVANCED



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	Run	Bike	Gym		REST DAY	Swim	Bike
	Warm Up : 5min jog L1 and dynamic stretching Main Set : 4 mile L1 Cool Down : 5 min jog L1 and static stretching	Turbo Warm Up : 10 min L1 Main Set : 15 min L2 3 min L1 spin in aero position repeat x 2 hydrate every 5 min Cool Down : 10 min L1	Warm Up : Main Set : Tri4u Strength and Conditioning Programme Cool Down :			Warm Up : 200 f/c L1 (R60) 6 x 25 build L3 (R30) Main Set : Drills 25 drill 25 f/c L3(R15) doggy - fists - FNT - polo - catch up - single arm L/H single arm R/H repeat x 2 4 x 50 p L3 (R20) Cool Down : 200 p L1 TOTAL: 1450m	Warm Up : 10 min spin L1 Main Set : 20 miles flat ride L2 Cool Down : 10 min spin L1

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm	Swim	Run	Bike	Run	REST DAY	Run	
	Warm Up : 2 x 100 o/c L1(R20) 3 x 50 k L2 (R30) Main Set : 1000m L2 Cool Down : 200 f/c L1 TOTAL: 1550m	Warm Up : 5min jog L1 and dynamic stretching Main Set : 6 mile L2 Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 20 miles flat ride L2 Cool Down : 10 min spin L1	Warm Up : 5min jog L1 and dynamic stretching Main Set : 15 min L 2 10 min L1 5 min L3 run on grass Cool Down : 5 min jog L1 and static stretching		Warm Up : 5min jog L1 and dynamic stretching Main Set : 8 mile L2 Cool Down : 5 min jog L1 and static stretching	

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	Run	Bike	Gym	Swim	REST DAY	Swim	Bike
	<p>Warm Up : dynamic stretching</p> <p>Main Set : 30 min L1</p> <p>Cool Down : static stretching</p>	<p>Warm Up : 5 min spin L1</p> <p>Main Set : 20 miles L1-2 undergeared</p> <p>Cool Down : 5 min spin L1</p>	<p>Warm Up : 5 min cross trainer 5 min rower</p> <p>Main Set : Tri4u Strength and Conditioning Programme</p> <p>Cool Down : 10 min bike</p>	<p>Warm Up : 500 f/c L1</p> <p>Main Set : 4 x 200 f/c L (R 40) 1 x 400 p L2 (R 20) 10 x 25 f/c L3, (R30)</p> <p>Cool Down : 50 o/c L1 TOTAL: 2000m</p>		<p>Warm Up : 1 x 200 o/c L1(R20) 2 x 50 k L2 (R30)</p> <p>Main Set : 16 x 100m L2 (R40)</p> <p>Cool Down : 200 p L1 TOTAL: 2100m</p>	<p>Warm Up : 10 min spin L1</p> <p>Main Set : 30 miles hilly ride L2 - L3</p> <p>Concentrate on gear selection and hydration</p> <p>Cool Down : 10 min spin L1</p>

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm	Swim	Run	Bike	Run	REST DAY	Run	Run
	<p>Warm Up : 1 x 200 o/c L1(R20) 2 x 50 k L2 (R30)</p> <p>Main Set : 2 x 400 L2 (R40) 4 x 200 p L3 (R30)</p> <p>Cool Down : 100 o/c L1 TOTAL: 2000m</p>	<p>Warm Up : 5min jog L1 and dynamic stretching</p> <p>Main Set : grass/park stay relaxed</p> <p>grass/park stay relaxed</p> <p>Cool Down : 5 min jog L1 and static stretching</p>	<p>Warm Up : 10 min spin L1</p> <p>Main Set : 25 miles undulating ride L2 - L3</p> <p>Concentrate on gear selection and hydration</p> <p>Cool Down : 10 min spin L1</p>	<p>Warm Up : 5min jog L1 and dynamic stretching</p> <p>Main Set : 15 min L1 10 min L2 5 min L3</p> <p>Build speed levels</p> <p>Cool Down : 5 min jog L1 and static stretching</p>		<p>Warm Up : 5min jog L1 and dynamic stretching</p> <p>Main Set : 8 mile L2</p> <p>Cool Down : 5 min jog L1 and static stretching</p>	<p>Warm Up : dynamic stretching</p> <p>Main Set : 50 min L1</p> <p>Cool Down : static stretching</p>

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	Run	Bike		Swim	REST DAY	Swim	Bike
	Warm Up : 5 min jog L1 and dynamic stretching Main Set : 20 min L1 Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 15 miles L2 include 5 x 2 min overgeared L3 Concentrate on gear selection and hydration Cool Down : 10 min spin L1		Warm Up : 400 f/c L1 (R60) 6 x 25 build L3 (R30) Main Set : Drills 25 drill 25 f/c L3(R15) doggy - fists - FNT - polo - catch up - single arm L/H single arm R/H repeat x 2 4 x 50 p L3 (R20) Cool Down : 200 p L1 TOTAL: 1650m		Warm Up : 100 f/c L1 (R20) 8 x 25 k L2 - L3 (R30) Main Set : 6 x 200 L3 (R20) 4 x 100 p L3 (R15) 8 x 50 L3 (R20) Cool Down : 100 o/c L1 TOTAL: 2000m	Warm Up : 10 min spin L1 Main Set : 35 miles hilly ride L2 - L3 Concentrate on gear selection and hydration Cool Down : 10 min spin L1

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm	Swim	Run	Bike / Run (Brick)	Run	REST DAY	Gym	Transition Practice
	Warm Up : 2 x 100 o/c L1(R20) 3 x 50 k L2 (R30) Main Set : 1 x 750 L2 every 4th length hard 1 x 200 p 1 x 500 L2 every 4th length drill catch up 1 x 400 p Cool Down : 100 o/c L1 TOTAL: 2300m	Warm Up : 5 min jog L1 and dynamic stretching Main Set : 5 min L3 5 min jog L1 repeat x 6 Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 20 miles undulating ride L3 Cool Down : 10 min spin L1 <div style="background-color: red; color: white; text-align: center; padding: 2px;">Run</div> 25 min L2 5 min jog L1 and static stretching	Warm Up : 5min jog L1 and dynamic stretching Main Set : 1 hr L2 Cool Down : 5 min jog L1 and static stretching		Warm Up : 5 min cross trainer 5 min rower Main Set : Tri4u Strength and Conditioning Programme 20 min weights 2 x 15 reps with (R30) main muscle groups Cool Down : 10 min bike	run in - T1 - bike out bike in - T2 - run out 20 mins



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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	Run	Bike	Gym	Swim	REST DAY	Swim	Bike
	Warm Up : 5min jog L1 and dynamic stretching Main Set : 20 min L1 Cool Down : 5 min jog L1 and static stretching	Warm Up : 5 min spin L1 Main Set : 20 miles L1-2 undergeared Cool Down : 5 min spin L1	Warm Up : 5 min cross trainer 5 min rower Main Set : Tri4u Strength and Conditioning Programme 20 min weight session 2 x 15 reps with (R30) main muscle groups Cool Down : 10 min bike	Warm Up : 2 x 100 o/c L1(R20) 3 x 50 k L2 (R30) Main Set : 1500m L2 Cool Down : 200 f/c L1 TOTAL: 2050m		Warm Up : 100 p L2(R20) Main Set : 2 x 100 L3 (R20) 3 x75 L3 (R20) 4 x 50 L4 (R20) 5 x 25 L5 (R20) repeat x 3 Cool Down : 100 f/c L1 TOTAL: 2450m	Warm Up : 10 min spin L1 Main Set : 40 miles on hilly route L3 concentrating on gear selection & hydration / nutrition on flat sections of ride Cool Down : 10 min spin L1

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm	Swim	Run	Bike	Run	REST DAY	Gym	Run
	Warm Up : 2 x 150 as 25f/c - 25 catch up drill Main Set : 5 x 100 L3 (R30) 1 x50 L5 (R40) 4 x 100 L3 (R30) 2 x 50 L5 (R40) 3 x 100 L3 (R30) 3 x 50 L5 (R40) 2 x 100 L3 (R30) Cool Down : 100 p L2 TOTAL: 2100m	Warm Up : 5min jog L1 and dynamic stretching Main Set : 3 min L4 3 min L1 repeat x 10 Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 25 miles Time trial high tempo ride L3- L4 Cool Down : 10 min spin L1	Warm Up : 100p L2 Main Set : 30 min L2 Cool Down : 5 min jog L1 and static stretching		Warm Up : 5 min cross trainer 5 min rower Main Set : Tri4u Strength and Conditioning Programme Cool Down : 10 min bike	Warm Up : dynamic stretching Main Set : 1 hr 10 min Cool Down : static stretching

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am TAPER WEEK UP TO RACE SUNDAY		Swim / Bike (Brick)	Run	Swim	Bike	REST DAY	Race Day
		<p>OWS Coached Session 30 mins swim plus deep water starts turns and sighting Wet suit removal into T1</p> <hr/> <p style="text-align: center;">Bike</p> <p>15 miles L4 flat ride</p> <p>Cool Down : 10 min L1</p>	<p>Warm Up : 5 min jog L1 and dynamic stretching</p> <p>Main Set : 20 min L1</p> <p>Cool Down : 5 min jog L1 and static stretching</p>	<p>Warm Up : 100p L2</p> <p>Main Set : 10 x 25 L5 (R60)</p> <p>Cool Down : 100 o/c L1 TOTAL: 450m</p>	<p>Warm Up : 10 min spin L1</p> <p>Main Set : 10 miles L2 flat ride</p> <p>Cool Down : 10 min spin L1</p>	<p>Check T1 and T2 Check race venue Check course</p>	Sprint Distance pool or OWS 750m

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm TAPER WEEK UP TO RACE SUNDAY	Swim	Run	Bike	Run	Run	REST DAY	Race Day
	<p>Warm Up : 200 f/c L2 (R60) 8x 25k L2 (R60)</p> <p>Main Set : 10 x 100 L4 (R60) 10 x 25 L5 (R60)</p> <p>Cool Down : 200 p L2 TOTAL: 1850m</p>	<p>Warm Up : 5min jog L1 and dynamic stretching</p> <p>Main Set : 2 min L4 2 min L1 repeat x 4</p> <p>Cool Down : 5 min jog L1 and static stretching</p>	<p>Warm Up : 10 min spin L1</p> <p>Main Set : 20 miles L2 flat ride</p> <p>Cool Down : 10 min spin L1</p>	<p>Warm Up : 5min jog L1 and dynamic stretching</p> <p>Main Set : 30 secs L4 jog back recovery repeat x 8</p> <p>Cool Down : 5 min jog L1 and static stretching</p>	<p>pre - race jog 10 mins L1</p>	<p>Check T1 and T2 Check race venue Check course</p>	Sprint Distance pool or OWS 750m

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am		Gym	Swim	REST DAY	Swim	Swim / Bike (Brick)	Swim
		Warm Up : 5 min cross trainer 5 min rower Main Set : Tri4u Strength and Conditioning Programme 20 min weight session 3 x 15 reps with (R30) main muscle groups Cool Down : 10 min bike spin	Warm Up : 4 x 50 o/c L1(R20) 4 x 25 k L2 (R30) Main Set : 6 x 200 f/c L2 (R30) 6 x 50 p L3 (R30) Cool Down : 50 o/c L1 TOTAL: 1850m		Warm Up : 100 p L2(R20) 8 x 25k L2 (R30) Main Set : 2 x 100 L3 (R20) 3 x75 L3 (R20) 4 x 50 L4 (R20) 5 x 25 L5 (R20) repeat x 2 Cool Down : 100 f/c L1 TOTAL: 1900m	OWS Coached Session 40 mins swim plus deep water starts turns and sighting Wet suit removal into T1 <div style="background-color: #008000; color: white; text-align: center; padding: 2px;">Bike</div> 15 miles L2 flat ride Cool Down : 10 min L1	Warm Up : 2 x 150 as 25f/c - 25 catch up drill Main Set : 5 x 100 L3 (R30) 1 x50 L5 (R40) 4 x 100 L3 (R30) 2 x 50 L5 (R40) 3 x 100 L3 (R30) 3 x 50 L5 (R40) 2 x 100 L3 (R30) Cool Down : 100 p L2 TOTAL: 2100m

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm	Swim	Run	Bike	REST DAY	Run		Bike
	Warm Up : 2 x 100p L2 (R30) 4 x 25 k L2 (R30) Main Set : 3 x 200p L2 (R60) concentrate on long smooth stroke Cool Down : 100 p L2 TOTAL: 1000m	Warm Up : 5min jog L1 and dynamic stretching Main Set : 50 mins L2 Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 25 miles on hilly route L3 concentrating on gear selection & hydration / nutrition on flat sections of ride Cool Down : 10 min spin L1		Warm Up : 5min jog L1 and dynamic stretching Main Set : 1 hr 20 min L2 Cool Down : 5 min jog L1 and static stretching		Warm Up : 10 min spin L1 Main Set : 50 miles L3 concentrating on gear selection & hydration / nutrition on flat sections of ride Cool Down : 10 min spin L1

Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	Run	Gym	Bike	Swim	REST DAY	Swim	Rest
	<p>Warm Up : 5min jog L1 and dynamic stretching</p> <p>Main Set : 40 min L1</p> <p>Cool Down : 5 min jog L1 and static stretching</p>	<p>Warm Up : 5 min cross trainer 5 min rower</p> <p>Main Set : Tri4u Strength and Conditioning Programme 20 min weight session 2 x 20 reps with (R30) main muscle groups</p> <p>Cool Down : 10 min bike spin</p>	<p>Warm Up : 5 min spin L1</p> <p>Main Set : 6-8 miles L1 flat ride</p> <p>Cool Down : 10 min spin L1</p>	<p>Warm Up : 2 x 100p L2 (R30) 4 x 25 k L2 (R 30)</p> <p>Main Set : 2 x 200p L2 (R60)</p> <p>concentrate on long smooth stroke</p> <p>Cool Down : 100 p L2</p> <p>TOTAL: 800m</p>		<p>Warm Up : 2 x 200p L2 6 x 50 build L3 (R10)</p> <p>Main Set : 20 x 25 L4 (R30)</p> <p>Cool Down : 100 p L2</p> <p>TOTAL: 1300m</p>	

Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm	Swim	Run	Swim / Bike (Brick)	Run	REST DAY	Bike	Bike
	<p>Warm Up : 4x 100 L2 (R30) 10 x 25 build</p> <p>Main Set : 2000m L2-L3 as 250 f/c-250p</p> <p>Cool Down : 100 o/c L2</p> <p>TOTAL: 2750m</p>	<p>Warm Up : 15min jog L1 and dynamic stretching</p> <p>Main Set : 2 min L3 2 min L1 repeat x 12</p> <p>Cool Down : 15 min jog L1 and static stretching</p>	<p>OWS Coached Session 35 mins swim plus deep water starts turns and sighting Wet suit removal into T1</p> <hr/> <p style="text-align: center; background-color: green; color: white;">Bike</p> <p>30 miles L2 flat ride</p> <p>Cool Down : 10 min L1</p>	<p>Warm Up : 10min jog L1 and dynamic stretching</p> <p>Main Set : 1 hr 30 L1-L2</p> <p>Cool Down : 15 min jog L1 and static stretching</p>		<p>Warm Up : 5 min spin overgearing 1 min x 3</p> <p>Main Set : 25 mile Time Trial L4</p> <p>Cool Down : 5 mile spin L1</p>	<p>Warm Up : 10 min spin L1</p> <p>Main Set : 60 miles L2 concentrating on gear selection & hydration / nutrition on flat sections of ride</p> <p>Cool Down : 10 min spin L1</p>

Week 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	Run	REST	Run	Swim	Run	REST DAY	Run
	<p>Warm Up : 5min jog L1 and dynamic stretching</p> <p>Main Set : 20 min L1</p> <p>Cool Down : 5 min jog L1 and static stretching</p>		<p>Warm Up : 5min jog L1 and dynamic stretching</p> <p>Main Set : 30 min L1</p> <p>Cool Down : 5 min jog L1 and static stretching</p>	<p>Warm Up : 2 x 100p L2 (R30) 4 x 25 k L2 (R 30)</p> <p>Main Set : 2 x 200p L2 (R60)</p> <p>concentrate on long smooth stroke</p> <p>Cool Down : 100 p L2</p> <p>TOTAL: 800m</p>	<p>pre - race jog 25 mins L1</p>	Check course	<p style="text-align: center;">Race Day</p> <p>Warm Up : 10min jog L1 and dynamic stretching</p> <p>Main Set : 10 mile road race</p> <p>Cool Down : 15 min jog L1 and static stretching</p>

Week 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm	Swim	Run	Bike	Bike		REST DAY	Bike
	<p>Warm Up : 400 f/c L1 (R60) 6 x 25 build L3 (R30)</p> <p>Main Set : Drills 50 drill - 50 p L3(R15) doggy - fists - FNT - polo - catch up - single arm L/H single arm R/H repeat x 2 4 x 50 p L3 (R20)</p> <p>Cool Down : 200 p L1</p> <p>TOTAL: 2000m</p>	<p>Warm Up : 10min jog L1 and dynamic stretching</p> <p>Main Set : 3k time trial (track) L5 7.5 laps</p> <p>Cool Down : 15 min jog L1 and static stretching</p>	<p>Warm Up : 10 min spin L1</p> <p>Main Set : 40 miles L2-L3 flat ride</p> <p>Cool Down : 10 min spin L1</p>	<p>Warm Up : 10 min spin L1</p> <p>Main Set : 15 miles L1</p> <p>Cool Down : 10 min spin L1</p>		Check course	<p>Warm Up : 10 min spin L1</p> <p>Main Set : 15 miles L1</p> <p>Cool Down : 10 min spin L1</p>



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Week 9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am TAPER WEEK FROM WED		Gym	Swim	Run	REST DAY	Swim	Bike
		Warm Up : 5 min cross trainer 5 min rower Main Set : Tri4u Strength and Conditioning Programme 20 min weight session 2 x 20 reps with (R30) main muscle groups Cool Down : 10 min bike spin	Warm Up : 2 x 100 o/c L1(R20) 3 x 50 k L2 (R30) Main Set : 500m L2 Cool Down : 100 p L1 Total 1000	Warm Up : 5min jog L1 and dynamic stretching Main Set : 1 min L4 1 min L1 repeat x 8 Cool Down : 5 min jog L1 and static stretching		Warm Up : 100 p L2(R20) 4 x 25k L2 (R30) Main Set : 2 x 100 L2 (R20) 3 x75 L3 (R20) 4 x 50 L4 (R20) 5 x 25 L5 (R20) repeat x 3 Cool Down : 100 f/c L1 TOTAL: 1150m	Warm Up : 10 min spin L1 Main Set : 35 miles undulating route L3 concentrate on gear selection & hydration / nutrition on flat sections of ride Cool Down : 10 min spin L1

Week 9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm TAPER WEEK FROM WED	Swim	Run		Swim	REST DAY	Run	
	Warm Up : 400 f/c L1 (R60) 6 x 25 build L3 (R30) Main Set : Drills 50 drill - 50 p L3(R15) doggy - fists - FNT - polo - catch up - single arm L/H single arm R/H repeat x 2 4 x 50 p L3 (R20) Cool Down : 400 p L1 TOTAL: 2550m	Warm Up : 5min jog L1 and dynamic stretching Main Set : 30 min L2 Cool Down : 5 min jog L1 and static stretching		Warm Up : 400p L2 Main Set : 10 x 50 L5 (R60) 100 p L4 Cool Down : 100 p L1 TOTAL : 1100 m Transition Practice 20 min run in - T1 - bike out bike in - T2 - run out		Warm Up : 5min jog L1 and dynamic stretching Main Set : 30 sec run L4 30 sec run L1 repeat x 12 Cool Down : 5 min jog L1 and static stretching	

Week 10	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am TAPER WEEK UP TO RACE SUNDAY	Run	Transition Practice	Gym	Swim	REST DAY	REST DAY	Race Day
	Warm Up : 5min jog L1 and dynamic stretching Main Set : 25 min L2 Cool Down : 5 min jog L1 and static stretching	40 min run in - T1 - bike out bike in - T2 - run out	Warm Up : Main Set : 30 min Tri4u L1 Strength and Conditioning Programme Cool Down :	Warm Up : 100p L2 Main Set : 4 x 25 L5 (R60) 2 x 100 p L2 (R60) Cool Down : 50 p L1 TOTAL : 450 m	Check race venue Check course	Check T1 and T2 Redgistration	Standard Distance 1500m ows 40k bike 10k run

Week 10	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm TAPER WEEK UP TO RACE SUNDAY	Swim / Bike (Brick)	Run	Bike	Run	REST DAY	REST DAY	Race Day
	OWS Coached Session 35 mins swim plus deep water starts turns and sighting Wet suit removal into T1 <div style="background-color: green; color: white; text-align: center; padding: 2px;">Bike</div> 20 miles L3 flat ride Cool Down : 10 min L1	Warm Up : 5min jog L1 and dynamic stretching Main Set : 30 sec L4 1 min L1 repeat x 8 Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 10 miles L1 flat ride Cool Down : 10 min spin L1	pre - race jog 15 mins L1	Check race venue Check course	Check T1 and T2 Redgistration	Standard Distance 1500m ows 40k bike 10k run

Week 11	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	REST DAY	Swim	Swim	Swim		Swim / Bike (Brick)	Swim
		Warm Up : 2 x 100p L2 (R30) 4 x 25 k L2 (R 30) Main Set : 3 x 200p L2 (R60) concentrate on long smooth stroke Cool Down : 100 p L2 TOTAL: 1000m	Warm Up : 4 x 50 o/c L1(R20) 4 x 25 k L2 (R30) Main Set : 6 x 200 f/c L2 (R30) 6 x 50 p L3 (R30) Cool Down : 50 o/c L1 TOTAL: 1850m	Warm Up : 100 p L2(R20) 8 x 25k L2 (R30) Main Set : 2 x 100 L3 (R20) 3 x75 L3 (R20) 4 x 50 L4 (R20) 5 x 25 L5 (R20) repeat x 2 Cool Down : 100 f/c L1 TOTAL: 1900m		OWS Coached Session 40 mins swim plus deep water starts turns and sighting Wet suit removal into T1 <div style="background-color: #008000; color: white; text-align: center; padding: 2px;">Bike</div> 15 miles L2 flat ride Cool Down : 10 min L1	Warm Up : 2 x 150 as 25f/c - 25 catch up drill Main Set : 5 x 100 L3 (R30) 1 x50 L5 (R40) 4 x 100 L3 (R30) 2 x 50 L5 (R40) 3 x 100 L3 (R30) 3 x 50 L5 (R40) 2 x 100 L3 (R30) Cool Down : 100 p L2 TOTAL: 2100m

Week 11	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm	REST DAY	Run	Bike	Run	Run		Bike
		Warm Up : 5min jog L1 and dynamic stretching Main Set : 60 min L1 Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 25 miles on hilly route L3 concentrating on gear selection & hydration / nutrition on flat sections of ride Cool Down : 10 min spin L1	Warm Up : 5min jog L1 and dynamic stretching Main Set : 1 hr 30 min L2 Cool Down : 5 min jog L1 and static stretching	Pre race jog 15 min L1		Warm Up : 10 min spin L1 Main Set : 60 miles FLAT L3 concentrating on gear selection & hydration / nutrition on flat sections of ride Cool Down : 10 min spin L1

Week 12	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	Bike		Bike	Swim	Run	REST DAY	Run
	<p>Warm Up : 5 min spin L1</p> <p>Main Set : 20 miles L1-2 undergeared</p> <p>Cool Down : 5 min spin L1</p>		<p>Warm Up : 10 min spin L1</p> <p>Main Set : 25 miles flat route L3 concentrating on gear selection & hydration / nutrition on flat sections of ride</p> <p>Cool Down : 10 min spin L1</p>	<p>Warm Up : 1 x 100 o/c L1(R20) 3 x 50 k L2 (R30)</p> <p>Main Set : 1500m L2 as 200 f/c-200p</p> <p>Cool Down : 100 p L1</p> <p>TOTAL: 1850m</p>	<p>Pre race jog 15 min L1</p>	<p>Check course</p>	<p style="text-align: center;">Race Day</p> <p>Warm Up : 5min jog L1 and dynamic stretching</p> <p>Main Set : HALF MARATHON 13.1 MILES</p> <p>Cool Down : 5 min jog L1 and static stretching</p>

Week 12	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm	Swim	Run	Run	Run	REST	REST DAY	REST
	<p>Warm Up : 4x 100 L2 (R30) 10 x 25 build</p> <p>Main Set : 2000m L2-L3 as 250 f/c-250p</p> <p>Cool Down : 100 o/c L2</p> <p>TOTAL: 2750m</p>	<p>Warm Up : 15min jog L1 and dynamic stretching</p> <p>Main Set : 2 min L3 3 min L1 repeat x 5</p> <p>Cool Down : 15 min jog L1 and static stretching</p>	<p>Warm Up : 5min jog L1 and dynamic stretching</p> <p>Main Set : 30 min L1</p> <p>Cool Down : 5 min jog L1 and static stretching</p>	<p>Warm Up : 5min jog L1 and dynamic stretching</p> <p>Main Set : 30 sec L4 1 min L1 repeat x 5</p> <p>Cool Down : 5 min jog L1 and static stretching</p>			

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Week 13	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	Swim		Bike	Swim	REST DAY	Swim	Bike
	Warm Up : 400 f/c L1 (R60) 6 x 25 build L3 (R30) Main Set : Drills 25 drill 25 f/c L3(R15) doggy - fists - FNT - polo - catch up - single arm L/H single arm R/H repeat x 2 4 x 50 p L3 (R20) Cool Down : 200 p L1 TOTAL: 1650m		Warm Up : 10 min spin L1 Main Set : 15 miles L2 include 5 x 2 min overgeared L3 Concentrate on gear selection and hydration Cool Down : 10 min spin L1	Warm Up : 400 f/c L1 (R60) 6 x 25 build L3 (R30) Main Set : Drills 25 drill 25 f/c L3(R15) doggy - fists - FNT - polo - catch up - single arm L/H single arm R/H repeat x 2 4 x 50 p L3 (R20) Cool Down : 200 p L1 TOTAL: 1650m		Warm Up : 100 f/c L1 (R20) 8 x 25 k L2 - L3 (R30) Main Set : 6 x 200 L3 (R20) 4 x 100 p L3 (R15) 8 x 50 L3 (R20) Cool Down : 100 o/c L1 TOTAL: 2000m	Warm Up : 10 min spin L1 Main Set : 55 miles flat ride L2 Concentrate on gear selection and hydration Cool Down : 10 min spin L1

Week 13	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm		Run	Bike / Run (Brick)	Run	REST DAY	Bike	Transition Practice
		Warm Up : 5 min jog L1 and dynamic stretching Main Set : 5 min L3 5 min jog L1 repeat x 6 Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 20 miles undulating ride L3 Cool Down : 10 min spin L1 <div style="background-color: #FF0000; color: white; text-align: center; padding: 2px;">Run</div> 25 min L2 5 min jog L1 and static stretching	Warm Up : 5min jog L1 and dynamic stretching Main Set : 1 min L4 1 min L1 repeat x 15 Cool Down : 5 min jog L1 and static stretching		Warm Up : 5 min spin overgeared 1 min x 3 Main Set : 25 mile Time Trial L4 Cool Down : 5 mile spin L1	run in - T1 - bike out bike in - T2 - run out 20 mins

Week 14	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	Run			Swim	REST DAY	Swim	Bike
	Warm Up : 5min jog L1 and dynamic stretching Main Set : 20 min L1 Cool Down : 5 min jog L1 and static stretching			Warm Up : 2 x 100 o/c L1(R20) 3 x 50 k L2 (R30) Main Set : 1 x 750 L2 every 4th length hard 1 x 200 p 1 x 500 L2 every 4th length drill catch up 1 x 400 p Cool Down : 100 o/c L1 TOTAL: 2300m		Warm Up : 100 p L2(R20) Main Set : 2 x 100 L3 (R20) 3 x75 L3 (R20) 4 x 50 L4 (R20) 5 x 25 L5 (R20) repeat x 3 Cool Down : 100 fo/c L1 TOTAL: 2450m	Warm Up : 10 min spin L1 Main Set : 40 miles on flat route L3 concentrating on gear selection & hydration / nutrition on flat sections of ride Cool Down : 10 min spin L1

Week 14	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm	Swim / Bike (Brick)	Run	Bike	Run	REST DAY	Run	
	OWS Coached Session 45 mins swim plus deep water starts turns and sighting Wet suit removal into T1 <div style="background-color: green; color: white; text-align: center; padding: 2px;">Bike</div> 30 miles L4 flat ride Cool Down : 10 min L1	Warm Up : 15min jog L1 and dynamic stretching Main Set : 2 min L3 2 min L1 repeat x 8 Cool Down : 15 min jog L1 and static stretching	Warm Up : 5 min spin overgeared 1 min x 3 Main Set : 10 mile Time Trial L4 Cool Down : 5 mile spin L1	Warm Up : 10min jog L1 and dynamic stretching Main Set : 30 min L1 Cool Down : 15 min jog L1 and static stretching		Warm Up : 10min jog L1 and dynamic stretching Main Set : 10 k road race or 5-6 miles L4 race pace Cool Down : 15 min jog L1 and static stretching	

Week 15	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	Run		Swim	Run	REST DAY	Swim	Bike
TAPER WEEK FROM WED	Warm Up : 5min jog L1 and dynamic stretching Main Set : 30 min L3 Cool Down : 5 min jog L1 and static stretching		Warm Up : 2 x 100 o/c L1(R20) 3 x 50 k L2 (R30) Main Set : 500m L4 Cool Down : 100 p L1 Total 1000	Warm Up : 5min jog L1 and dynamic stretching Main Set : 1 min L4 1 min L1 repeat x 8 Cool Down : 5 min jog L1 and static stretching		Warm Up : 2 x 100 p L1(R20) 10 x 25 build Main Set : 10 x 50 L4 (R30) as 50 f/c- 50 p 10 x 25 f/c L5 (R60) Cool Down : 100 p L1 Total 1300	Warm Up : 10 min spin L1 Main Set : 25 miles undulating route L3 concentrating on gear selection & hydration / nutrition on flat sections of ride Cool Down : 10 min spin L1

Week 15	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm	Swim / Bike (Brick)	Run	Bike / Run (Brick)	Run	REST DAY	Run	Transition Practice
TAPER WEEK FROM WED	OWS Coached Session 40 mins swim plus deep water starts turns and sighting Wet suit removal into T1 <div style="background-color: green; color: white; text-align: center; padding: 2px;">Bike</div> 15 miles L2 flat ride Cool Down : 10 min L1 TOTAL: 1150m	Warm Up : 10min jog L1 and dynamic stretching Main Set : 5 k road race or 3 miles L4 race pace Cool Down : 15 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 15 miles flat ride L4 <div style="background-color: red; color: white; text-align: center; padding: 2px;">Run</div> 15 min L3 5 min jog L1 and static stretching	Warm Up : 5min jog L1 and dynamic stretching Main Set : 1 min L4 1 min L1 repeat x 8 Cool Down : 5 min jog L1 and static stretching		Warm Up : 5min jog L1 and dynamic stretching Main Set : 30 sec run L4 30 sec run L1 repeat x 10 Cool Down : 5 min jog L1 and static stretching	20 min run in - T1 - bike out bike in - T2 - run out

Week 16	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am TAPER WEEK UP TO RACE SUNDAY	Swim		Bike	Run	REST DAY	REST DAY	Race Day
	Warm Up : 100p L2 Main Set : 4 x 25 L5 (R60) 2 x 100 p L2 Cool Down : 50 p L1 TOTAL : 450 m		Warm Up : 10 min spin L1 Main Set : 10 miles L1 flat ride Cool Down : 10 min spin L1	pre - race jog 15 mins L1	Check race venue Check course	Check T1 and T2	HALF IRONMAN

Week 16	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm TAPER WEEK UP TO RACE SUNDAY	Swim	Run	Transition Practice	REST	REST DAY	REST DAY	Race Day
	OWS Coached Session 30 mins swim plus deep water starts turns and sighting Wet suit removal into T1 Cool Down :	Warm Up : 5min jog L1 and dynamic stretching Main Set : 30 sec L4 1 min L1 repeat x 5 Cool Down : 5 min jog L1 and static stretching	20 min run in - T1 - bike out bike in - T2 - run out		Check race venue Check course	Check T1 and T2	HALF IRONMAN