



HALF IRONMAN DISTANCE 16 WEEK PROGRAMME NOVICE



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am					REST DAY	Swim	Bike
						Warm Up : 1 x 100 o/c L1 (R40) 4 x 25 k L2 (R30) Main Set : 2 x 200 L3 (R50) 4 x 50 p L3 (R30) 6 x 25L 2 (R 20) Cool Down : 100 o/c L1 TOTAL: 1050m	Warm Up : 10 min spin L1 Main Set : 20 miles flat ride L1 Cool Down : 10 min spin L1

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm	Swim	Run	Swim	Run	REST DAY	Bike	Gym
	Warm Up : 100 f/c L1 (R60) 4 x 25 build L2 - L3 (R40) Main Set : Drills 25 drill 25 f/c L2 - L3 (R 60) doggy - fists - FNT - polo catch up-single arm L/H single arm R/H 4 x 50 p L3 (R40) Cool Down : 100 p L1 TOTAL: 800m	Warm Up : 5min jog L1 and dynamic stretching Main Set : 35 min L2 Cool Down : 5 min jog L1 and static stretching	Warm Up : 2 x 100 o/c L1 (R20) 4 x 25 k L2 (R30) Main Set : 750m L2 Cool Down : 200 f/c L1 TOTAL: 1250m	Warm Up : 5min jog L1 and dynamic stretching Main Set : 5 min L 2 5 min L1 repeat x 2 run on grass Cool Down : 5 min jog L1 and static stretching		Warm Up : 10 min spin L1 Main Set : 12 miles flat ride L1 Cool Down : 10 min spin L1	Main Set : Tri4u Strength and Conditioning Programme



HALF IRONMAN DISTANCE
16 WEEK PROGRAMME
NOVICE



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am				Swim	REST DAY	Swim	Bike
				Warm Up : 200 f/c L1 Main Set : 8 x 100 f/c L3 (R 60) 1x 200 p L2 (R 40) 4x 25 f/c L3 (R30) Cool Down : 50 o/c L1 TOTAL: 1350m		Warm Up : 100 f/c L1 (R20) 8 x 25k L2 (R10)) Main Set : 1 x 400 L3 (R 60) 2 x 200 L3 (R 60) 4 x 100 L3 (R 40) Cool Down : 100 f/c L1 TOTAL: 1600m	Warm Up : 10 min spin L1 Main Set : 25 miles hilly ride L2 Concentrate on gear selection and hydration Cool Down : 10 min spin L1

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm	Swim	Run	Bike	Run	REST DAY		
	Warm Up : 2 x 100 o/c L1 (R20) 3 x 50 k L2 (R30) Main Set : 3 x 200 L3 (R40) 4 x 50 p L3 (R30) 1 x 100 L 2 (R 25) Cool Down : 100 o/c L1 TOTAL: 1350m	Warm Up : 5min jog L1 and dynamic stretching Main Set : 30 min L2- L3 grass/park stay relaxed Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 20 miles undulating ride L2 - L3 Concentrate on gear selection and hydration Cool Down : 10 min spin L1	Warm Up : 5min jog L1 and dynamic stretching Main Set : 35 min L1 Cool Down : 5 min jog L1 and static stretching			

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am					REST DAY	Swim	Bike
						Warm Up : 400 f/c L1 (R20) 8 x 25 k L2 - L3 (R30) Main Set : 3 x 200 L3 (R20) 3 x 100 p L3 (R15) 8 x 25 L3 (R30) Cool Down : 100 o/c L1 TOTAL: 1800m	Warm Up : Main Set : 30 miles flat ride L2 Concentrate on gear selection and hydration Cool Down :

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm	Run	Swim	Bike / Run (Brick)	Run	REST DAY	Transition Practice	
	Warm Up : 5 min jog L1 and dynamic stretching Main Set : 50 min L1 Cool Down : 5 min jog L1 and static stretching	Warm Up : 400 f/c L1 (R20) 4 x 25 k L2 - L3 (R30) Main Set : 10 x 100 L3 as 100f/c f/c - 100 p Cool Down : 100 o/c L1 TOTAL: 1600m	Warm Up : 10 min spin L1 Main Set : 10 miles undulating ride L3 Cool Down : 10 min spin L1 <div style="background-color: #FF0000; color: white; text-align: center; padding: 2px;">Run</div> 10 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		run in-T1 bike out L1 bike in-T2-run out-L1 20 mins 20 mins	

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	Swim			REST DAY		Swim / Bike (Brick)	Bike
	Warm Up : 2 x 100 o/c L1 (R20) 4 x 25 k L2 (R30) Main Set : 750m L2 Cool Down : 200 f/c L1 TOTAL: 1250m					OWS Coached Session 40 mins swim plus deep water starts turns and sighting Wet suit removal into T1 Bike 15 miles L4 flat ride Cool Down : 10 min L1	Warm Up : 10 min spin L1 Main Set : 40 miles undulating 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	Bike	Run	Bike / Run (Brick)		Swim		
	20miles L1 flat ride TOTAL: 1850m	Warm Up : 5 min jog L1 and dynamic stretching Main Set : 2 min L3 2 min jog L1 repeat x 6 Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 10 miles undulating ride L3 Cool Down : 10 min spin L1 Run 10 min L3 5 min jog L1 and static stretching		Warm Up : 100 p L2 (R20) 8 x 25k L2 (R30) Main Set : 2 x 100 L3 (R20) 3 x 75 L3 (R20) 4 x 50 L4 (R20) 5 x 25 L5 (R20) repeat x 2 Cool Down : 100 f/c L1 TOTAL: 1900m		

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am TAPER WEEK UP TO RACE SUNDAY		Bike			Run	REST DAY	Race Day
		15miles L1 flat ride			pre - race jog 10 mins L1	Check T1 and T2 Check race venue Check course	Sprint Distance pool or OWS

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm TAPER WEEK UP TO RACE SUNDAY	Run	Swim	Swim / Bike (Brick)	Run	Run	REST DAY	Race Day
	Warm Up : 5 min jog L1 and dynamic stretching Main Set : 40 min L1 Cool Down : 5 min jog L1 and static stretching	Warm Up : 1 x 100 o/c L1(R40) 4 x 25 k L2 (R30) Main Set : 2 x 200 L3 (R50) 4 x 50 p L3 (R30) 6 x 25L 2 (R 20) Cool Down : 100 o/c L1 TOTAL: 1050m	OWS Coached Session 40 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 secs L4 jog back recovery repeat x 6 Cool Down : 5 min jog L1 and static stretching		Check T1 and T2 Check race venue Check course	Sprint Distance pool or OWS

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am		Gym			REST DAY	Swim	Bike
		Main Set : Tri4u Strength and Conditioning Programme				Warm Up : 2 x 150 as 25f/c - 25 catch up drill Main Set : 5 x 100 L3 (R30) 1 x 50 L5 (R40) 4 x 100 L3 (R30) 2 x 50 L5 (R40) 3 x 100 L3 (R30) 3 x 50 L5 (R40) Cool Down : 100 p L2 TOTAL: 2000m	Warm Up : 10 min spin L1 Main Set : 45 miles on hilly route L3 concentrating on gear selection & hydration / nutrition on flat sections of ride Cool Down : 10 min spin L1

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm	Swim	Run	Bike	Swim	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 : 50 min L1 Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 30 miles tempo ride L3 Cool Down : 10 min spin L1	Warm Up : 2 x 100 o/c L1 (R20) 3 x 50 k L2 (R30) Main Set : 5 x 200 f/c L2 (R30) 6 x 50p (R20) Cool Down : 200 f/c L1 TOTAL: 1850m		Warm Up : dynamic stretching Main Set : 1 hr 20 min L2 Cool Down : static stretching	

Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am					REST DAY	Bike / Run (Brick)	Bike
						Warm Up : 10 min spin L1 Main Set : 20 miles undulating ride L4 Cool Down : 10 min spin L1	Warm Up : 10 min spin L1 Main Set : 50 miles on flat route L3 concentrating on gear selection & hydration / nutrition on flat sections of ride Cool Down : 10 min spin L1
						Run	
						200 min L4 and 5 min jog L1 and static stretching	Cool Down : 10 min spin L1

Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm	Swim / Bike (Brick)	Run	Bike	Swim	REST DAY		
	OWS Coached Session 40 mins swim plus deep water starts turns and sighting Wet suit removal into T1	Warm Up : 5min jog L1 and dynamic stretching Main Set : 8-10 miles L4 @ (race pace) If possible find road race could be 10k	Warm Up : 10 min spin L1 Main Set : 10 miles Time trial high tempo ride L3- L4	Warm Up : 2 x 100 p L1(R20) 10 x 25 build Main Set : 20 x 50 L4 (R20) as 50 f/c- 50 p			
	Bike						
	15 miles L2 flat ride Cool Down : 10 min L1	Cool Down : 5 min jog L1 and static stretching	Cool Down : 10 min spin L1	Cool Down : 100 p L1 Total 1550m			

HALF IRONMAN DISTANCE

16 WEEK PROGRAMME

NOVICE

Week 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	Run			Swim	REST DAY	Swim	Bike
	<p>Warm Up : 5min jog L1 and dynamic stretching</p> <p>Main Set : 50 min L 2</p> <p>Cool Down : 5 min jog L1 and static stretching</p>			<p>Warm Up : 2 x 100 o/c L1 (R20) 4 x 25 k L2 (R30)</p> <p>Main Set : 1000m L3</p> <p>Cool Down : 200 f/c L1 TOTAL: 1500m</p>		<p>Warm Up : 1 x 150 as 25f/c-25catc 2x50 build</p> <p>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)</p> <p>Cool Down : 100 p L2 TOTAL: 2050m</p>	<p>Warm Up : 10 min spin L1</p> <p>Main Set : 30 miles undulating route 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
pm		Run	Bike	Run	REST DAY	Bike	
		<p>Warm Up : 5min jog L1 and dynamic stretching</p> <p>Main Set : 1 min L5 1 min L1 repeat x 3 sets 5 min jog equal 1 set repeat x 3 sets</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 Time trial L4 high tempo 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 hill rep jog back recovery repeat x 5 jog 3 min 8 10% gradient equal 1 set repeat x 2</p> <p>Cool Down : 5 min jog L1 and static stretching</p>		<p>Warm Up : 10 min spin L1</p> <p>Main Set : 10 miles flat ride L3 include x2 2 min L4 2 min L2</p> <p>Cool Down : 10 min spin L1</p>	

Week 9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	Run				REST DAY		Bike
TAPER WEEK FROM WED	<p>Warm Up : 5min jog L1 and dynamic stretching</p> <p>Main Set : 30 min L3</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 undulating route L3 concentrating on gear selection & hydration / nutrition on flat sections of ride</p> <p>Cool Down : 10 min spin L1</p>

Week 9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm	Swim	Run	Bike	Swim	REST DAY	Run	
TAPER WEEK FROM WED	<p>Warm Up : 100 p L2 (R20) 4 x 25k L2 (R30)</p> <p>Main Set : 2 x 100 L3 (R20) 3 x 75 L3 (R20) 4 x 50 L4 (R20) 5 x 25 L5 (R20)</p> <p>Cool Down : 100 f/c L1 TOTAL: 1050m</p>	<p>Warm Up : 5min jog L1 and dynamic stretching</p> <p>Main Set : 2 min run L4 3 min jog 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 : 30 miles tempo ride L3</p> <p>Cool Down : 10 min spin L1</p>	<p>Warm Up : 100p L2</p> <p>Main Set : 4 x 25 L5 (R60) 100 p L4</p> <p>Cool Down : 50 p L1</p> <p>TOTAL : 350 m</p> <p style="background-color: lightblue; text-align: center;">Transition Practice</p> <p>20 min run in - T1 - bike out bike in - T2 - run out</p>		<p>Warm Up : 5min jog L1 and dynamic stretching</p> <p>Main Set : 30 sec run L4 30 sec run L1 repeat x 12</p> <p>Cool Down : 5 min jog L1 and static stretching</p>	

Week 10	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am TAPER WEEK UP TO RACE SUNDAY			Swim		REST DAY	REST DAY	Race Day
			<p>Warm Up : 100p L2</p> <p>Main Set : 4 x 25 L5 (R60) 2 x 100 p L2 (R60)</p> <p>Cool Down : 50 p L1</p> <p>TOTAL : 450 m</p>		Check race venue Check course	Check T1 and T2	<p>Standard Distance 1500m ows 40k bike 10k run</p>

Week 10	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm TAPER WEEK UP TO RACE SUNDAY	Swim	Run	Bike	Transition Practice	REST DAY	REST DAY	Race Day
	<p>OWS Coached Session 30 mins swim plus deep water starts turns and sighting Wet suit removal into T1</p> <p>Cool Down :</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>	<p>Warm Up : 10 min spin L1</p> <p>Main Set : 10 miles L1 flat ride</p> <p>Cool Down : 10 min spin L1</p>	20 min run in - T1 - bike out bike in - T2 - run out	Check race venue Check course	Check T1 and T2	<p>Standard Distance 1500m ows 40k bike 10k run</p>

Week 11	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	Swim				REST DAY	Swim	Bike
	<p>Warm Up : 2 x 100 o/c L1 (R20) 3 x 50 k L2 (R30)</p> <p>Main Set : 1500m L2</p> <p>Cool Down : 200 f/c L1 TOTAL: 2050m</p>					<p>Warm Up : 100 o/c</p> <p>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)</p> <p>Cool Down : 100 p L2 TOTAL: 1800m</p>	<p>Warm Up : 10 min spin L1</p> <p>Main Set : 45 miles undulating route L3 concentrating on gear selection & hydration / nutrition on flat sections of ride</p> <p>Cool Down : 10 min spin L1</p>

Week 11	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm		Run	Bike	Swim	REST DAY	Run	
		<p>Warm Up : 5min jog L1 and dynamic stretching</p> <p>Main Set : 10 miles L3 Race pace</p> <p>Cool Down : 5 min jog L1 and static stretching</p>	<p>Warm Up : 10 min spin L1</p> <p>Main Set : 30 miles tempo ride L2</p> <p>Cool Down : 10 min spin L1</p>	<p>Warm Up : 2 x 100 o/c L1 (R20) 3 x 50 k L2 (R30)</p> <p>Main Set : 1000m L2</p> <p>Cool Down : 200 f/c L1 TOTAL: 1550m</p>		<p>Warm Up : dynamic stretching</p> <p>Main Set : 8 x 1 min hill reps L3 jog back recovery 5min jog</p> <p>1-2 miles L2</p> <p>Cool Down : static stretching</p>	



HALF IRONMAN DISTANCE 16 WEEK PROGRAMME NOVICE



Week 12	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	Run	Swim			Run	REST DAY	Run
	Warm Up : 5min jog L1 and dynamic stretching Main Set : 1 hr 15 m L1 Cool Down : 5 min jog L1 and static stretching	Warm Up : 1 x 100 o/c L1 (R20) 3 x 50 k L2 (R30) Main Set : 8 x 100 L3 (R40) as 100 f/c - 100 p Cool Down : 100 p L1 TOTAL: 1150m			Pre race jog 15 min L1	Check course	Race Day Warm Up : 5min jog L1 and dynamic stretching Main Set : HALF MARATHON 13.1 MILES Cool Down : 5 min jog L1 and static stretching

Week 12	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm	Swim	Run	Bike	Run	REST	REST DAY	REST
	Warm Up : 4x 100 L2 (R30) 10 x 25 build Main Set : 1500m L2-L3 as 250 f/c-250p Cool Down : 100 o/c L2 TOTAL: 2250m	Warm Up : 15min jog L1 and dynamic stretching Main Set : 2 min L3 3 min L1 repeat x 3 Cool Down : 15 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 25miles flat route L1 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 : 30 sec L4 1 min L1 repeat x 5 Cool Down : 5 min jog L1 and static stretching			

Week 13	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am					REST DAY	Swim	Bike
						Warm Up : 100 f/c L1 (R20) 8 x 25 k L3 (R30) Main Set : 4 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	Swim	Run	Bike / Run (Brick)	Run	REST DAY	Bike	Transition Practice
	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 : 5 min jog L1 and dynamic stretching Main Set : 5 k road race L4 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



HALF IRONMAN DISTANCE
16 WEEK PROGRAMME
NOVICE



Week 14	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am				Swim	REST DAY		Bike
				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 L4 (R30) 1 x 400 p L2 Cool Down : 100 o/c L1 TOTAL: 1800m			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 Bike 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 TAPER WEEK FROM WED					REST DAY	Swim	Bike
						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 1300m	Warm Up : 10 min spin L1 Main Set : 22 miles L2 Cool Down : 10 min spin L1

Week 15	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm TAPER WEEK FROM WED	Swim	Run	Swim	Bike / Run (Brick)	REST DAY	Run	Transition Practice
	OWS Coached Session 40 mins swim plus deep water starts turns and sighting Wet suit removal into T1	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 : 1 x 100 o/c L1(R20) 3 x 50 k L2 (R30) Main Set : 400m L4 Cool Down : 100 p L1 Total 800	Warm Up : 10 min spin L1 Main Set : 15 miles flat ride L4 Cool Down : 10 min spin L1 Run 15 min L3 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 6 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			Bike	Run	REST DAY	REST DAY	Race Day
			<p>Warm Up : 10 min spin L1</p> <p>Main Set : 8 miles L1 flat ride</p> <p>Cool Down : 10 min spin L1</p>	pre - race jog 10 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
	<p>OWS Coached Session 30 mins swim plus deep water starts turns and sighting Wet suit removal into T1</p> <p>Cool Down :</p> <p>TOTAL: 2250m</p>	<p>Warm Up : 5min jog L1 and dynamic stretching</p> <p>Main Set : 30 sec L4 1 min L1 repeat x 3</p> <p>Cool Down : 5 min jog L1 and static stretching static stretching</p>	<p>20 min run in - T1 - bike out bike in - T2 - run out</p> <p>static stretching</p>	static stretching	Check race venue Check course	Check T1 and T2	HALF IRONMAN